



## REBECCA WILLIAMS' THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Arts in Sociology from Eastern Washington University. After working in the community for a few years, I returned to school to complete my Masters of Arts in Marriage and Family Therapy at Whitworth University. I am a Licensed Marriage and Family Therapy Associate in the State of Washington (MG61162587). Yearly, I participate in continuing education in specialized areas to be able to provide quality treatment for my clients and as a condition of my licensure in the state of Washington..

**Philosophy and Approach:** My approach to counseling is rooted in systemic and relational psychotherapy. I believe in a collaborative approach to therapy and value the importance of building a therapeutic alliance in order to help you explore the various areas of growth and healing you would like to attend to. In our work together we will examine the areas of your life that you find important to address including relevant relationships, behavior patterns, and significant life stressors. Throughout this process we will uncover personal growth, new ways of understanding, and ultimately, healing.

**Participation:** As with any relationship, the therapeutic relationship is cultivated by both the therapist and the client and requires a certain level of comfort in order to openly communicate. Participants are encouraged to be honest, open and curious. Please feel free to ask questions about any aspect of the counseling process and be honest about your thoughts and feelings. This is an important component to change. Therapy can be challenging or uncomfortable and may produce intense emotions, recall unpleasant events,

and/or alter close relationships. This is a natural part of the therapeutic process and I encourage you to discuss these things as they arise. At any time, should you wish to discontinue therapy, you have the freedom to stop. You may also refuse to do a particular activity or request a referral to another therapist. Most important is your experience as a client. Together we will work to ensure a positive therapeutic experience..

**Consultations:** I regularly consult with other experienced professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

**Scheduling Appointments:** Appointments are generally made on a regular, weekly basis. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session. I will attempt to keep the same appointment time available to you unless frequent cancellations have been made. If it is necessary to change or cancel your appointment, please let me know as soon as possible. I will charge you a full session fee for appointments that are canceled less than 24 hours in advance. I will let you know at least 2 weeks in advance if I will be unavailable for a session, excepting emergencies.

**Termination:** The length of treatment is an individual process that is determined by the therapeutic process. I believe the terminating process to be as significant as the rest of treatment, in which we will work together to make this transition as smooth as possible. When your treatment comes to a stopping point, please know that you may return at any point in the future.