



JESSICA LECHLAK'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I hold a Master's Degree in Marriage, Couples and Family therapy from Lewis and Clark College and a Bachelor's of Science in recreational therapy from The University of Toledo. I am dual licensed as a Marriage Couples and Family Therapist in both Washington (LF60594649) and Oregon (T1150).

Major Casework included: Advanced Family Therapy theories, Lifespan Child Development, Couples therapy, Ecopsychology, Group therapy with children and adults, Addictions studies, and treatment planning. I've also taken continuing education on Letter writing for Transgender surgeries, as well as trainings around working with high conflict couples. The academic philosophy of Lewis and Clark followed a strength-based, social justice lens.

Philosophy and Approach: As a Marriage Couples and Family therapist I work with children, families and couples utilizing a Solution Focused, Gottman, and narrative approach. Utilizing a solution focused approach I can help families, individuals and couples identify patterns of resiliency, patterns of positive engagement, and coping skills that they may not be aware are already in place. Utilizing Gottman Therapy interventions to help couples rebuild the foundations of their relationship. Narrative therapy helps to reframe the stories we tell ourselves about our lives and ourselves.

I believe that all humans are resilient, and capable of making changes. I do not believe that the presenting problem defines the client or their ability to function. I believe that

through therapy the client or couple will be able to identify the challenges they are facing and work through them together.

I identify as an Ally and specialize in working with the LGBTQ+ community to provide a safe space for healing. I have extensive training in working with Transgender clients to support them through their transition.

Participation: Therapy is a relationship between people that works in part because of clearly defined rights and responsibilities held by each person. As a client in psychotherapy, you have certain rights and responsibilities that are important for you to understand. There are also legal limitations to those rights that you should be aware of. I, as your therapist, have corresponding responsibilities to you.

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: I work with each client to find the best fit for their schedule. Sometimes this is a recurring session. Other times we schedule week to week. I do encourage clients to meet weekly for the first several sessions to allow time to build rapport and establish therapy goals.

Payment is collected for each session and billed to the card on file. Your payment is determined by your insurance provider, and will be provided to you upon beginning treatment.

Sessions are by appointment only. It is important to the therapeutic process that you keep all scheduled appointments and arrive on time. If you are unable to attend a scheduled appointment, we ask that you provide us with a 24-business hour notice.

Failure to provide 24-hour notice, or a no-show will result in a missed session fee billed at our standard rate.

Termination: Because every individual is unique, so is the length of treatment. Termination is a process in itself. I recommend a collaborative approach in ending our work together. You are always welcome to return to therapy when the need arises.