



## DARREN HUNT'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelors of Psychology from the University of Central Florida in 2012. After working as a lead substance abuse counselor for a few years, I ultimately decided to pursue my master's degree. I received my Masters in Social Work (MSW) from the University of Washington. While learning, I interned at Madigan Army Medical and finished my internship. Upon graduation, I moved to Oregon and work for the State of Oregon as a psychiatric social worker. From there I worked as a counselor for Canopy an employee assistance program. I have transitioned to Refresh counseling continuing my counseling practice. I am a licensed social work associate with the state of Oregon and Washington (# SC61278564). I also have my associate license in chemical dependency counseling in both Oregon and Washington. I participate on a regular basis in continuing education and consultation that allows for me to hone my craft and provide the best services possible to my clients.

**Philosophy and Approach:** I subscribe to a humanistic approach to working therapeutically, meeting people where they are in the moment, and building a strong alliance. I use a collaborative strength-based solution focused approach. Using modalities with Acceptance Commitment Therapy informed skills and Dialectical Behavioral therapy informed skills. I am committed to cultural competency and allyship.

Research suggests that the most important quality in a therapeutic relationship is the genuine connections with people. I strive to provide an environment which is authentic, non-judgmental, warm, and collaborative.

**Participation:** The therapy experience is created by the therapist and the client. Both are encouraged to engage honestly, open, and curious. Therapy is often a difficult and uncomfortable process. It can arouse intense emotions, recall unpleasant life events, and/or alter close relationships. This a natural part of the therapeutic process and how we as people grow. I encourage you to discuss these difficulties and successes as they arise. Most important is your experience as a client. Together we will work to ensure a positive working therapeutic experience. You may also refuse to do an activity or request a referral to another therapist. At any time, should you wish to discontinue therapy, you have the freedom to stop.

**Consultations:** I regularly consult with other experienced professionals regarding client with whom I am working. This allows me to gain other perspectives and ideas as to assist in reaching your treatment 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 time available to you unless, frequent cancellations have been made. If it is necessary to cancel your appointment, please let me know as soon as possible. I will charge you a full session fee for appointments that are canceled without an advanced 24-hour notice. Similarly, I will provide sufficient advanced notice should I be unable to keep our appointment.

**Termination:** The length of treatment is an individual process that is determined by the therapeutic process collaboratively. I believe the terminating process to be crucial for a successful treatment. When finishing treatment, we would focus on continued growth and independence.