



## RACHEL BROZOVSKY'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I have an Associate degree from Spokane Community College, a bachelor's degree in Social Services from Whitworth University and a master's degree from Whitworth University in Marriage and Family Therapy. I completed two internships; one with the Spokane Vet Center and one with the Whitworth Marriage and Family Center. During this time, I worked with individuals experiencing a variety of psychological, emotional and relational issues, including: depression, anxiety, PTSD (Post Traumatic Stress Disorder), ADHD (Attention Deficit/Hyperactivity Disorder), MST (Military Sexual Trauma), TBI (Traumatic Brain Injury), family issues, divorce, trauma/complex trauma, communication, sex and sexuality, domestic violence, personality disorders, grief and loss, couples/marital and pre-marital issues, adjustment disorder, anger management, parenting/co-parenting and life management. Over the past several years, I have worked as a case manager, as a contracted provider for CPS serving individuals, couple and families and in private practice serving individuals, couples and families. I am currently a Licensed Marriage and Family Therapist (#LF61226096) and a Mental Health Counselor Associate (#MC60932335).

**Philosophy and Approach:** I believe that for counseling to be effective, both you and I must be actively involved in developing counseling goals and assessing progress. Efforts to change self-perception, emotions, and behaviors require work both in session and out of session. Some change will occur quickly and easily, but more often change requires slow, deliberate, and repeated efforts. You should be aware that while counseling interventions offer potential benefits, they also present possible risks. Such risks might include uncomfortable feelings of sadness, guilt, anxiety, anger or frustrations as you discuss unpleasant aspects of your life, or experience difficulties with other people as you change. Furthermore, as a result of your personal growth, you might experience

feelings of discomfort until you adjust to the changes within and they become a routine part of your life. Nevertheless, weigh the potential risks against the benefits, which might include such assets as gaining insight into your problems, developing coping skills and resources, and changing yourself so that participating in life's daily activities generally becomes a more positive experience.

**Participation:** We will schedule our sessions by mutual agreement. If you are unable to keep an appointment, please call within 24 business hours to cancel or reschedule. Services will be rendered in a professional manner consistent with ethical standards. It is impossible to guarantee any specific results regarding your counseling goals because the outcome is dependent on your work as well as mine. Together, however, we will work to achieve the best possible results. Referral to another counselor or service will be mutually discussed if progress is not achieved at a satisfactory level or in the event that additional services may be in your best interest.

**Consultations:** As a therapist, I regularly consult with experienced professionals. This allows me to grow as a therapist and helps to ensure that I am providing the best care possible to all my clients. These consultations are obtained in such a way that confidentiality is maintained.

**Scheduling Appointments:** Just like with any other treatment, therapy works best with regularly scheduled appointments. Most clients will be seen on a weekly basis and it can be easier to have recurring appointments for the same day and time each week. At the end of each session, we will work to schedule your next appointment --I will not hold certain slots open from week to week -- however, if you are diligent about making and keeping appointments, I will do my best to keep a recurring appointment open for you.

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 business 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.