



## LEX SCOTT'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Science in Psychology and Human Services in North Carolina. I completed my Masters of Science in Marriage and Family Therapy at the University of Southern Mississippi. I am a Licensed Marriage and Family Therapist Associate in the State of Washington (MG61178925). 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 therapy is based in systems theory, meaning that I view every client through a lens that honors their relationships. No one person exists in a vacuum, and the people in our lives provide our greatest support and sometimes our deepest pain. In addition, I also incorporate elements of Internal Family Systems, Attachment theory, Health at Every Size (HAES) and Emotion Focused Therapy.

In therapy we will work together as a team to begin to unpack what brought you in and what you need moving forward. We will evaluate the patterns in your life that are helpful and what is no longer serving you and your goals. We will increase insight and awareness around symptoms, relational issues, behaviors and patterns and will work together to find new ways of coping, and connecting to ourselves and the people in our lives. I imagine that your reasons for coming into therapy are difficult to carry on your own. My hope is that you will let me carry some of the burden with you. It is a privilege to bear witness to your story and to be on your team.

**Participation:** Therapy works best when both the therapist and participants are open, honest, and curious. Please ask questions about any aspect of the counseling process you may have and be honest about your thoughts and feelings. This is an important component to change. This is an excellent place to practice asking for your needs and sharing concerns. Therapy can be difficult and uncomfortable at times. Therapy will likely stir up emotions, unpleasant memories, and/or alter close relationships. This is a part of the therapeutic process. 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 safe and growth-oriented environment.

**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 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.