



## LILY DROFYAK'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I am a Licensed Professional Therapist (C5968) in the state of Oregon and Washington (LH 60489053) I have an undergraduate degree in Psychology and a master's degree in Rehab Counseling from Western Oregon University. As a licensed therapist, I regularly participate in trainings and seminars to ensure that I am providing high quality of care to my clients and meet the credentialing requirements of my licensing board. I am a bilingual (Russian/Ukrainian speaking) Mental Health Professional with ten years of experience working with people in various settings, helping them overcome behavioral and emotional issues. I have worked with clients who have comorbidity and personality disorders, because of the complex trauma experiences. I also lead group therapy using DBT and Seeking Safety model.

**Philosophy and Approach:** It is important to me that you know how we will work together. I believe our work will be most helpful to you when you have a clear idea of what we are trying to do. During the first few sessions, I will discuss my approach to psychotherapy, as well as risks, benefits, and other important aspects. After the initial evaluation phase, which typically takes 2 sessions, we will discuss a treatment plan. I view therapy as a partnership between us. You define the goals and problem areas for our work; I use my experience and training in evidence-based psychotherapy to help you make the changes you want to make.

**Participation:** The therapy experience is created both by the therapist and the client. Both 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 difficult and uncomfortable at times—it may

arouse 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 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.