



CHRISTI BURTON'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in American Sign Language/ English Interpreting from Western Oregon University in 2006. After working with the Deaf Community for several years, I returned to school to complete my Masters of Social Work at Portland State University. I am a Licensed Social Worker Associate Independent Clinical (LSWAIC) in the State of Washington (SC61032697).

Philosophy and Approach: I strive to create a safe and affirming space where people can exist authentically, without judgment. In this work I have the honor of witnessing people's courage and their development of self-acceptance as they break down barriers of shame and unhelpful coping mechanisms. I have a collaborative, strengths-based approach to therapy, as I see each person as the expert on themselves and their experiences. I enjoy working with people from all walks of life to achieve their goals. I'm fluent in American Sign Language and welcome Deaf clients to my practice.

As a therapist, my goal is to help clients discover their strengths, while introducing coping skills and theories to help them improve their overall well-being. I borrow from many different theory bases, including Gender Affirming Model, Creative Arts Therapies, Dialectical Behavioral Therapy, and Cognitive Behavioral Therapy.

Participation: I encourage active client participation in the therapy process. This is your journey of self-discovery and healing. If something comes up for you or if you have questions or concerns about the work we are doing, please share them with me. If you feel like I am not a good fit for you, please let me know so that I can refer you to another therapist that you may have a better connection with. After all this is your therapy and I want you to have the most beneficial experience possible.

Consultations: I receive weekly individual supervision from a Licensed Independent Clinical Social Worker as a mandatory part of my clinical training and associate licensure. In addition to individual supervision, I attend a weekly Consultation Group for Providers of Transgender clients. Client's confidentiality is maintained during consultation with other clinicians. Consultation is a valuable part of my growth as a clinician and allows me to gain other perspectives and ideas as to how to best help my clients reach their goals.

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. You will be charged a full session fee for canceled appointments with less than 24 hours in advance notice. I will let you know at least 1 week in advance if I will be unavailable for a session, with the exception of 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.