



CLARA PHOENIX'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Psychology from Marylhurst University in Lake Oswego, Oregon. After working for about a year in the private sector in human resources, I decided to pursue my graduate degree in clinical psychology. I then returned to school and completed my Master of Arts in Applied Psychological Science from Pacific University in Forest Grove, Oregon. I am a Qualified Mental Health Associate (22-QMHA-R-2858) in the state of Oregon, and I am a Licensed Mental Health Counselor Associate in the State of Washington (MC61354742). As per the condition of my associate licensure, I have a weekly or bi-weekly supervision meeting with a fully licensed provider. All information shared in these sessions is shared for continued education and consultation purposes only in pursuit of the highest level of care for my clients. Supervision is conducted in a way that maintains client confidentiality. In conjunction, I also participate in continued education and other educational programs to provide continued high quality of care for my clients and patients.

Philosophy and Approach: My approach to therapy is first establishing a strong therapeutic relationship. Creating a space of mutual trust, understanding and empathy is the foundation where growth and development can truly blossom, and where I always begin. Once established, we will explore important factors in your life that may be causing you distress. Using a cognitive behavioral lens, I like to jump into the present moment to address immediate symptoms and experiences. If exploring the "why" is also important to you, as it is for many, we will work together for a balanced session of narrative talk therapy and supportive reflection with dedicated time for tangible, practical tools you can apply in everyday life. The aim of each session is to cultivate a safe and collaborative space for emotional processing and exploration, while still taking away specific psychoeducation, strategies, and skills, unique to your circumstances. This method allows learning that can be utilized now, and in the years to come. Effective interventions used in sessions are CBT,

DBT, ACT, Mindfulness, and Solution-Focused therapy, as well as other evidence-based practices that may be a good fit.

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 and have a weekly or bi-weekly supervision 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 and allows me to grow as a therapist. 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 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.