



## KELLY MOEN'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Arts in Social Sciences from Washington State University. After working for several years, I returned to school to study for a Master of Arts in Marriage and Family Therapy at Touro University. I am currently a student therapist, which means I am currently an unlicensed intern, working towards obtaining a Marriage and Family Therapist Associate license in the State of Washington, which I will obtain once I graduate and complete my practicum in August 2023.

**Philosophy and Approach:** No matter what your reason for coming to therapy, seeking help takes courage. Taking the steps to better your relationship may mean delving deep into difficult subjects and personal experiences. This can be painful, but the therapeutic process can allow us to know ourselves and our loved ones better and, ultimately, improve our close relationships. To get the most of your time in therapy, it is important that the client and the therapist join in a trusting, non-judgmental relationship. This is crucial, so the client will feel supported and be able to share their truth and experiences. This powerful alliance supports internal growth, strengthens self-esteem, improves emotional awareness, and increases the capacity for fulfilling relationships.

My therapeutic approach is influenced by my education in systems theory, which describes a family as a unit, with each family member a part of the whole system. The family as a system allows the therapist to see how the family interacts with one another, looking at a problem through multiple lenses, so there is no need to place blame or focus on one person.

**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 am a student counselor, which means that I will require supervision by other licensed therapists and will need to regularly consult with these 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 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.