



MATTHEW JOSLIN'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Communication from Colorado Christian University. Upon graduation, I pursued my Masters of Arts in Clinical Mental Health Counseling from Colorado Christian University. I began working as a mental health counselor in Denver before moving to Portland Oregon in November of 2022. I am an unlicensed Mental Health Counselor Associate (MHCA.MC.6138876) working toward licensure in the state of Washington. I continue to pursue education and receive weekly supervision in order to provide quality care for clients and as a condition of pursuing licensure.

Philosophy and Approach: My approach to counseling is grounded in client-centered therapy, which emphasizes the importance of the therapeutic relationship between client and therapist. My goal as a therapist is to create a safe space for clients to share personal challenges, struggles, and pain through providing empathy without judgment, regardless of what someone is bringing into therapy. Since everyone's story is unique, I seek to understand who you are as an individual and through collaboration with you, work to set therapeutic goals based on your own needs and desires. Additionally, I work from a trauma informed perspective that seeks to address how trauma impacts our relationship with our bodies and our ability to build healthy emotional connections.

In addition to a client-centered approach, I specialize in an attachment-based model with a relational focus because the attachments and relationships we develop inform who we are and how we interact with others. Unfortunately, our attachments often cause us pain and require healing. Healing begins with understanding ourselves and our pain while we extend self-compassion, love and empathy to the parts of us that are hurting. Our attachments can create negative beliefs that inhibit our ability to connect with ourselves and others. I use cognitive behavioral-therapy to challenge harmful messages and beliefs we hold about ourselves. Other common modalities I use

are mindfulness, narrative therapy, dialectical-behavioral therapy and somatic therapy (focusing on the impact of trauma on our bodies).

Participation: Therapy is a mutual and collaborative relationship between client and therapist that requires both parties to be open, honest, and vulnerable. Sitting down and sharing deep personal information with a stranger can be daunting, uncomfortable, and even awkward at times. It may bring up intense emotions, prior pain that we may not have known existed, and unpleasant memories/events that happened to us. This is a natural part of the therapeutic process and I encourage you to ask questions and discuss these challenges as they arise. If you decide that you no longer wish to continue therapy, you have the freedom and autonomy to stop therapy at any point. You may also decline any activities/suggestions I might offer or request a therapist transfer if you no longer wish to work with me. Therapy is about your experience as the client and I understand that I may not be a good fit for every client I encounter. My hope and desire is for you to get the most out of your therapy experience as possible, whether that is with me or another therapist.

Consultations: I regularly consult with other therapists to ensure quality of care for my clients. Consultations allow me to gain other perspectives and ideas for how to best serve you and help you reach your designated therapeutic goals. All consultations will be conducted in a manner that upholds client confidentiality.

Scheduling Appointments: Appointments are generally made on a regular, weekly basis. Appointment times are not reserved for you on a weekly basis and it is your responsibility to schedule appointments at the end of session. I attempt to keep consistent appointment days/times for you (unless frequent cancellations have been made) and I cannot guarantee certain appointment days/times. If you need to cancel or change appointments, please inform me as soon as possible so we can plan accordingly. I will charge you a full session fee for appointments that are canceled less than 24 hours in advance. I will give you a two weeks' notice if I will be unavailable for a session, excepting emergencies.

Termination: Therapy is geared toward your needs and accomplishing what you desire. Ideally, termination would be a smooth transition where we can discuss the impact of therapy and process what growth/change you've seen in yourself. I recognize this is not always possible and as the client

you have the right to terminate therapy at any point. When you are ready to terminate therapy, please let me know and you can return at any point.