



ROBERT SOELTER'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received a bachelor's degree from the University of Dayton, with a focus in psychology and communications. After volunteering and working for two years, I returned to school to complete a Masters of Science in Social Work, and a Masters in Marriage and Family Therapy. For the last eleven years, I worked either as a manager in social work, a therapist, or a self-mastery and relationship coach. I am currently a Licensed Mental Health Counselor Associate (MC61377921).

Philosophy and Approach: There is no such thing as a life free of obstacles and suffering. And often the best way to transcend our struggles is to mindfully journey through them, with self-awareness, honesty, self-acceptance and tremendous courage. I am here to help guide those who desire empowerment, self-improvement and healing- at their pace, and while they remain in the driver's seat. Such a process invariably brings light and quality to one's personal relationships.

Easing and adjusting the pressure we feel from our self-harshness, responsibilities, relationships, traumatic experiences, societal structure and the things we have no control over is the general goal. In the exploration of how you and life are getting along, we will identify values, desires or a purpose that you may wish to further nurture and pursue. We will stumble upon fears and hurt you may wish to heal. We may identify beliefs, personal narratives and behavioral patterns that have limited your growth and access to peace.

As you allow your most authentic self to be truly seen and accepted - by you, most importantly - you will have more freedom to choose a way of being that best serves you and therefore the ones you love.

Participation: It is of primary importance that you feel comfortable and free expressing what you need and how you feel during our work together. I will make it a point to check in with you (nearly every session) about what I can do differently or maintain to ensure the most positive and therapeutic experience for you. So please, be prepared to give me your most honest feedback, any time the thought may arise. And please be forthcoming with any questions that may arise. At any time, should you wish to discontinue therapy, you have the freedom to stop. You may also refuse to do a particular exercise or request a referral to another therapist.

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. You will be charged 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, except for 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.