



## HEATHER MARTIN HELMAN'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Science in Psychology from Saint Mary-of-the-Woods College in Indiana. I continued my education immediately, attending Indiana State University and obtaining my Master of Science in Clinical Mental Health Counseling. During my education at Indiana State University, I completed practicum and internship in several settings, with direct supervision. Following completion of my master's degree I began working in community agencies with children, adolescents, and individuals, and families. I am a Licensed Mental Health Counselor in the State of Washington (LH61396312). Yearly, I participate in continuing education in specialized areas to be able to provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

**Philosophy and Approach:** My philosophy stems from the belief that we grow through and toward relationships, and this is not only how we define meaning but is also a catalyst for change. Through engagement and establishment of a safe and trusting therapeutic relationship, I want to help you to determine your strengths as well as areas you would like to make changes. I also believe that you know yourself and your family or other relationships best, and because of this I follow a person-centered approach. I also draw from several other approaches to counseling, including rational emotive behavior therapy (REBT), cognitive behavior therapy (CBT), and mindfulness-based techniques. Using my experience and your desire for the outcomes of therapy, I will work with you to set goals and to take steps toward achieving them.

**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 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. 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.