



## KIMBERLY CAVALLO'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Arts with an emphasis in Psychology from The Evergreen State College in Olympia, Washington. I then continued on my education and completed my Master of Arts in Marriage, Couple and Family Therapy at Lewis and Clark College Graduate School of Education & Counseling in Portland, Oregon. I currently hold a Marriage and Family Therapist License from the state of Washington #LF60918392, as well as the state of Oregon #T2033.

**Philosophy and Approach:** My philosophy of therapy centers around building a strong relationship between myself and my client. This, in turn, creates an environment for change, helping clients share their inner thoughts and feelings that might be preventing them from feeling successful in their relationships and their lives. This can be done by building a mutual and collaborative alliance. As a person-centered therapist, I believe that the client is an expert in their own life. My approach is informed by attachment theory. We are biological, social and spiritual beings, and these all affect how we move through the world.

It is my firm belief that all people desire to be cherished, acknowledged, validated and affirmed. I believe that people possess the resources for positive growth and naturally tend towards positive growth. Every person is affected by the systems they interact with. We are all interrelated and interdependent parts of a system. As a systems therapist, I also view therapy through a lens of the biopsychosocial model. Whether I am seeing an individual, a couple or a family, my approach is the same. We are the product of the systems we reside in and in our desire to belong.

**Participation:** The process of engagement requires the client and therapist to construct a therapeutic relationship or alliance. This is an essential component of effective treatment. In order to construct this alliance, it is important that both the therapist and the client are honest and open during the process. I encourage you to share your feelings with me during this process. If you do not feel that I am the right fit for you therapeutically, please let me know so I may refer you to another therapist. During our work together, it is very important to the process that you feel comfortable sharing your true feelings with me. If something comes up for you, or if you have questions or concerns about the work we are doing, please share them with me. I look forward to our work together.

**Consultations:** I may consult with other experienced therapists in order to provide you the best possible care. This means I may share pieces of your story, but I would not reveal personal identifying information to protect your privacy. These consultations are obtained in such a way that confidentiality is maintained.

**Scheduling Appointments:** Appointments are generally made on a regular weekly basis. Please schedule your next appointment at the end of our session. 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 two weeks in advance if I will be unavailable for a session, except for emergencies.

**Termination:** Because every individual is unique, so is the length of treatment. Termination is a process in itself. I recommend a collaborative approach to ending our work together. You are always welcome to come back to therapy when the need arises.