



MEGHAN HARLAN'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Masters in Clinical Mental Health Counseling from Western Seminary in Portland, Oregon. I am a Licensed Mental Health Counselor in the state of Washington (LH61357063). 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. I have local and global experience as a helping professional in the mental health field and in the humanitarian aid sector.

Philosophy and Approach: My approach to counseling is rooted in Person-Centered Therapy (a nonjudgmental space emphasizing the therapeutic relationship) and is influenced by education in Internal Family Systems (the mind is understood as being made up of different interacting parts). I work with individuals, couples, and groups on a variety of issues, including: anxiety, depression, adjustment to life transitions, expatriate life, multicultural counseling, grief/loss, trauma, self-esteem, interpersonal relationships/relationship issues, career counseling, goal setting, skill development, body compassion, intuitive eating, and spiritual concerns. My approach to therapy also incorporates cognitive and mindfulness-based methods (exploring one's thoughts and beliefs and becoming more aware of oneself without becoming judgmental). Additionally, I work from a strengths based and attachment theory perspective (deploying personal strengths to aid in recovery and empowerment and recognizing the relationships and bonds between people). Furthermore, I utilize systems thinking (which evaluates the systems and structures people are a part of). While Christian values are an aspect of my worldview, out of care and respect, I will not impose beliefs or opinions onto clients. I view counseling as a collaborative effort in helping clients to become more self-led and in the process develop healthy attachments with the many parts of who they are. This also includes helping clients recognize strengths, identify needs, understand

conflicts, discover new options, set personal development goals, and make informed choices. There is hope for change through the counseling process and I kindly invite you to allow me to journey with you toward healing.

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.