



CAITLIN RYAN'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Social Work from Walden University. Soon after, I pursued my Master of Social Work from Fordham University. During my education I interned in child welfare and adult substance abuse settings. I have professional experience facilitating group therapy for highly acute clients, and am a Licensed Social Work Associate in Washington (LSWAIC #SC61324521) and Oregon (CSWA #A13516). 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 and Oregon.

Philosophy and Approach: My goal is to create a safe and nonjudgmental space for clients to be seen, safe, and heard. My philosophy centers around growing a strong therapeutic relationship with clients. I aim to meet clients where they are at and use an integrative approach, blending different but complimentary theories to work with each client in the most effective way. This flexible approach allows the therapy experience to be tailored to the individual needs to each client. Each person is on their own unique life and therapy journey and my approach enables me to support and honor that individuality while also firmly believing each person is the expert on their own life.

Participation: The therapy experience is created both by the therapist and the client. I encourage you to be open, honest, and curious as I will be. 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: As an associate licensed social worker, I regularly consult with other experienced professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas for further growth and development as a therapist and ways to best help you reach your goals. These interactions provide a space to help keep me well-informed, supported, and educated. These consultations are obtained in such a way that confidentiality is maintained. As I work toward earning my hours to achieve a full license status, I am actively being supervised and regularly consult with my supervisor to discuss cases. My Washington supervisor's name is Amanda Ewing, and her licensure information is as follows: Licensed Independent Clinical Social Worker (LW61089047).

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 start and growth of the therapy journey. At this point we will work together to make this transition as smooth as possible and encourage continued growth after therapy ends. When your treatment comes to a stopping point, please know that you may return at any point in the future.