



TARA BARTEL'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received by Bachelors in Human Development and certificate in Case Management from Washington State University. I continued my education At Walden University completing my Masters in Social Work and Crisis Management. I am a licensed Independent Clinical Social Worker in the Washington State (LW61111165). I participate in continued education to explore areas that will better support my clients.

Philosophy and Approach: My philosophy approach is holistic, looking at the whole of a person and all its working parts. It is my belief that individuals benefit from a safe non-bias environment to explore all these moving parts in their lives. I work with a diverse population; couples, Women dealing with life/age changes, grief, parents identifying parental struggles, and acute crisis/stress. The approach I use is Person-Centered Therapy and Cognitive Therapy which allows a safe environment and looks at problem-solving for a wide range of problems/concerns. I feel it is important to leave a session with something to work towards.

Participation: It is important that participation comes from the speed in which the individual/family is comfortable with. I encourage participation and promote individuals/families to actively ask questions, express thoughts and share perspectives throughout the therapy process. I will often give individuals/families tasks to work on to better relationships and support continued progress. For teens and younger children, we will play games, draw and explore other avenues to create a safe environment allowing trust to be express and true feelings to come through therapy.

Consultations: I regularly consult with other professionals regarding clients. This consultation helps me to gain a new perspective and ideas that could increase the success of our counseling together. As confidentiality is of utmost importance to me, the consultation is done in such a way to maintain your confidentiality.

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.