



VALARIE MCKENNA'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts degree in Community Health and Nutrition from Evergreen State College, Olympia, Washington. I earned my Master of Arts degree in Clinical Mental Health and School Counseling from Regent University located in Virginia Beach, VA. I am a Licensed Mental Health Counselor in the State of Washington (LH60779128). I regularly participate in continuing education in order to provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

Philosophy and Approach: I specialize in the treatment of post-traumatic stress (PTSD) and generalized anxiety disorders. I utilize several treatment modalities for the purpose of serving the unique personalities of each client and to properly address the complex nature of these disorders. Cognitive Behavior Therapy, Dialectical Behavior Therapy, and Biblical/Pastoral Psychotherapy, and Mind/Body Medicine are the modalities that I use most frequently.

Initially, we will focus on improving daily functioning, if necessary, by resolving debilitating symptoms, such as: panic, excessive worry and fear, sleep disturbance, and depression. Since PTSD and generalized anxiety are mind/body disorders, I will teach you skills for calming the nervous system and evaluating and changing thought patterns that may contribute to your distress. Once you are stabilized in your daily life, we will begin to discuss your traumas in detail through memory exposure to end the avoidance that typically perpetuates PTSD.

In addition, clients with unresolved childhood trauma often report low self-esteem, chronic pain, personality/identity issues, limited selfcare, relational and financial concerns, unhealthy

boundaries, anger, shame, and guilt. Therefore, these issues will also be addressed during treatment.

Participation: Open and honest communication is important for the therapeutic relationship. Please feel free to ask questions about any aspect of the counseling process. Therapy can be uncomfortable at times—it may arouse intense emotions and memories or alter close relationships. This is a natural part of the therapeutic process and I encourage you to discuss these matters as they arise. You may also refuse to participate in activity or request a referral to another therapist. Your needs are the most important consideration in the therapeutic relationship.

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: Typically, I prefer to schedule new clients for weekly appointments for at least three consecutive months, when possible, to gain momentum on the healing process. This also allows you to keep regular appointment time/day for the bulk of your time in treatment.

If it is necessary to change or cancel your appointment, please let me know as soon as possible. I will charge you 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 varies depending on the client's need. When your treatment comes to close, our session will focus on the termination of counseling to make the transition as smooth as possible. Please know that you may return at any point in the future.