



BECCA VERMACE'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Psychology and Business Administration from Seattle Pacific University in Seattle, Washington. After taking a gap year to travel around the world and experience different countries and cultures, I returned to school to complete my Master of Arts in Marriage, Couples, and Family Therapy at Lewis and Clark College. I am currently a Registered Marriage and Family Therapist Associate in the State of Oregon (R7734) and Washington (MG61421394).

Philosophy and Approach: As a relational therapist, I see the therapeutic process and relationship as a collaborative one. I operate from a systems perspective which means when working with clients, I consider and help them process how all their relationships and the greater systems (culture, race, capitalism etc.) at play are influencing their lives. I think everyone has a story to tell and I see my role as helping the client draw their story out and explore it. My therapeutic orientation is integrative, and I draw mostly from Cognitive Behavioral Therapy, Solution Focused Therapy, and Narrative Therapy techniques. I believe that every client is different and has different needs, and thus it is important to me to have access to a wide variety of techniques that I can draw upon to be the most help to my clients. I like to include movement and breath work in my therapeutic practice, because I believe the body is just as important as the mind when talking about mental health. I adhere to the Oregon Licensing Board's Code of Ethics and to Washington State Licensing Board's Code of Ethics.

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. Ideally, therapy should come to an end when we have met the agreed upon therapeutic goals. However, 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.

Supervision: As a Registered Marriage and Family Therapist Associate in the State of Oregon (R7734) and Washington (MG61421394), I work under a qualified supervisor and participate in regular supervision meetings as a requirement before achieving independent licensure. My supervisor, Jess Lechlak, LMFT, (Washington State and Oregon, LF60594649, T1150), signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

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.