



## CHANTEL GOOD'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelors of Science in Public Health and Psychology from the University of Nevada, Reno. After working for several years alongside children and adults with psychological and developmental challenges, I returned to school and completed my Masters of Arts in Marriage, Couples, and Family Therapy from George Fox University. I am a Licensed Marriage, Couple and Family Associate in the state of Washington (MG61448971). I attend yearly continuing education in various specialized areas so that I may provide effective treatment to clients and as a condition of my licensure in the state of Washington.

**Philosophy and Approach:** I prefer to use an emotionally and relationally focused approach. I incorporate cognitive behavioral therapy, interpersonal neurobiology, creative expressions, and somatic experiencing. I believe that counseling is a set apart time to explore the tender places of your story. While we will focus on the presenting struggles you are coming into therapy for, we will also consider significant relationships in your life. I believe humans are wired for connection and the bonds we share with others are what help us understand our identity, values, goals, and pains. Together we will consider the joys and pains of being in relationship with others and in turn gain clarity on patterns within your own life. Tapping into your emotions, behaviors, and thoughts may also include using various expressions to tell your story such as, painting, writing, collaging, and clay. The body and spirit are essential in the healing process which is why mindfulness based and somatic techniques are utilized for expanding self-awareness and gaining new coping skills. There is so much hope in this work and I honor and hold reverence for your story and courage to embrace healing, growth, and change.

**Participation:** Our therapeutic relationship is very important to me. Honesty, curiosity, and vulnerability are encouraged for us to create a safe and trusting relationship. You can expect me to remain authentic and uphold respect within our work together. As with any powerful treatment,

there are risks as well as benefits with counseling. You are encouraged to consider both the benefits and risks when making any treatment decisions. For example, in counseling, you may experience uncomfortable and at times intense emotions, recall unpleasant events, and reshape relationships. It may feel that problems are getting worse for a period of time after the beginning of counseling as the issues are brought up and discussed. This can be a productive and healing part of counseling and I encourage you to bring up any questions or comments as these arise.

While you consider these risks, you should also know that the benefits of counseling have been well documented in hundreds of well-designed research studies. Clients who are depressed may find their mood lifting. Others may no longer feel afraid, anxious or angry and feel more in control of their lives. Having compassionate support may help a client deal with their grief over the death of a loved one or face a traumatic event and conquer the associated feelings with that trauma. Client's relationships with themselves and others may improve greatly. They may grow emotionally, spiritually, and physically leading to feeling stronger and healthier overall.

**Supervision:** As a licensed marriage, couple, and family associate, I work under a qualified supervisor and participate in regular supervision meetings as a requirement before achieving independent licensure in the state of Washington. My supervisor, Kimberlee Lundgren, LMHC, LPC (LH60927647, 98685) 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.