



## ELISA ZEPEDA'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Arts in Mathematics and Psychology from Carroll College in Helena, Montana. I then attended Abilene Christian University in Abilene, Texas where I received my Masters of Arts in Marriage and Family Therapy. I am a Licensed Marriage and Family Therapist Associate in the State of Washington (MG61475834). 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.

**Philosophy and Approach:** I offer therapy for couples, families, and individuals from adolescents to adulthood. Therapy is a tool to empower change and healing in individuals and their relationships. I believe that individuals possess greater power and control over their lives than they think that they do. Problems arise when this power and control are relinquished, taken away, or when the skills necessary to maintain control over one's life have not been sufficiently taught or practiced. Through therapy, we will work together to create change and growth in a direction toward health that is empowering and at a pace you are comfortable with. My approach is heavily influenced by family systems. As such, we will often examine current or past relationships, family dynamics, and interaction patterns as well as the specific situation bringing you in for therapy. Healing is possible and I am excited to work with you on your journey to the best version of yourself.

**Participation:** The therapy experience is created both by the therapist and the client where both participants are encouraged to be honest, open and curious. In order for therapy to be beneficial, you will be asked to work on things that we talk about in the therapy session at home. 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.

**Supervision:** As a licensed marriage and family therapist 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, (Cody Brown, LMHC, LPC, LCPC; WA LH61136624, OR C-4652, ID 5671), 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.