



JOLENE WRIGHT'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts with a Major in Psychology from Washington State University and my Master of Counseling Psychology from Bastyr University in Kenmore, WA. I am currently registered with Washington State as a Licensed Mental Health Counselor (LH61412825). 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: Seeking help in any capacity can be scary and it shows great deal of courage as well. Therapy is a place where you can sort through life challenges, transitions, relationships, process and change patterns that have kept you stuck, and be supported along the way. If you have been feeling defeated, anxious, sad, overwhelmed, or at your wit's end, it's time to take the next step. You don't have to do it alone.

In order to best help you I pull from several approaches as I do not feel the one shoe fits all approach is adequate. You are an individual with your own history and needs. My approach draws from a rich and diverse background rooted in transpersonal psychotherapy that is very psychodynamic in nature. What that means is that together we will explore some of the patterns that may be impacting your life so that you can begin to create changes that help you feel better. I also pull from a more solution focused approach and use components of Dialectical Behavioral Therapy (DBT) to help you find solutions in the moment. Additionally, I tend to use somatically based approaches that are trauma informed. Trauma is stored in the body and the body has wisdom that can help you move through and heal. There are many ways we can work together to help you feel like you can be more grounded and present when we work with the body.

We can work together to find solutions that can help you with the pressing challenges that are front and center which can help you feel some relief sooner rather than later. And, we can also work together to explore the bigger picture, such as deeply rooted issues that may also be impacting your quality of life. For example; healing old wounds such as, family of origin issues, abuse, attachment and relational wounds, etc.

I believe that healing is a mind, body, spirit process. We are not just our mind, our body, or spirit but the sum total of the whole. It such an honor to assist people to take a whole person approach to healing.

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. 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.

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 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.