



KATRINA CAIRO'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I hold a Master's Degree in Counseling Psychology with an emphasis on Marriage and Family Therapy and Depth Psychology from Pacifica Graduate Institute, as well as a Bachelor's of Science in Philosophy from Portland State University. I am currently registered as a Licensed Mental Health Counselor (LH61475398) and Licensed Marriage and Family Therapist Associate (MG61363979) in the state of Washington.

Philosophy and Approach: The foundation of my philosophy is that therapy is an avenue for clients to deepen into a relationship with themselves. As the therapist, it is my honor to foster this experience by creating a supportive environment where we can explore this process together. The ultimate aim of my practice is to help clients learn about themselves and feel empowered in their lives. I believe this supports the journey of learning to navigate life's hardships with acceptance and grace. I also hold that therapy can be a time to reflect on ways to celebrate client's continual growth and fulfillment.

I draw on a variety of theories, which include elements of existential psychotherapy, family systems, depth psychology and more. My style is humanistic, meaning I take a holistic approach in therapy and make my focus working with the entire person. I respect the autonomy and identities of all my clients and enjoy working with a diverse population of individuals, couples, and families. If I had to summarize my approach in one word, it would be honesty. To be able to become honest with ourselves is the first step to healing, growth, and the path forward.

Speaking from personal experience, I understand that beginning therapy can feel daunting. Finding the right support can take time. I welcome all clients into therapy as a collaborative process and look forward to building a meaningful relationship.

Participation: Therapy depends on the ability for both the client and therapist to receive one another authentically. This requires that both parties adhere to the legal and ethical principles that are foundational to the process of psychotherapy while maintaining honest and open communication. As a therapist, it is my responsibility to respect the sensitive nature of what is discussed during session. This means maintaining a pace and flow where clients feel supported. Therapy can be uncomfortable and expose us to parts of ourselves that are hard to grapple with. However, with participation from the therapist and client, there is the potential for greater self-awareness and self-acceptance.

Consultations: I consult with other experienced clinicians regularly. I find great joy in learning about different perspectives and attitudes. This allows for me to gain a greater range of understanding regarding my work. The aim of consultations are to ensure my continued development as a therapist and are done in a manner that maintains the confidentiality of clients.

Scheduling Appointments: Appointments are by appointment only. I typically offer weekly sessions but time and frequency of appointments will be a mutual decision. I do encourage new clients to attend therapy on a weekly basis to establish rapport and goals of therapy. If you are unable to attend session, we ask you provide us with a 24-hour business notice. Failure to provide notice may result in a cancellation fee and billed at our standard rate.

Termination: The length of therapy will depend on the specific needs of the individual. Termination will involve the collaboration of both the client and therapist to determine when ending therapy is appropriate. Leaving or pausing therapy is its own unique process. I warmly welcome any and all clients to return to therapy if and when they feel ready.