



KEEGAN DYEHOUSE'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Youth Ministry and Theology from Multnomah University. After working in the field as a youth pastor for a few years I decided to return to school to receive my Master of Arts in Counseling from Western Seminary. I am a Licensed Mental Health Counselor in the state of Washington (LH61473800). I participate on a regular basis in continuing education that allows for me to hone my craft and provide the best services possible to my clients.

Philosophy and Approach: I have experience in working with individuals, and groups on a variety of issues, including: depression, anxiety, survival of physical and/or sexual abuse, marital concerns, adjustment to life transitions, loss of a loved one, parenting skills, and spiritual concerns. My approach to therapy incorporates a Christian worldview with cognitive methods (exploring one's thoughts and beliefs) and a cognitive-behavioral therapy orientation (exploring links between how clients think about themselves, and the world around them, and how that affects the way they behave.) Additionally, I incorporate a Person-Centered approach that respects a client's autonomy to define their own issues and come up with personalized solutions. While my Christian values are an inherent aspect of his approach to therapy, out of care and respect, I will not impose my beliefs onto clients. I view counseling as a collaborative effort between counselor and client, wherein clients are supported in their growth process. My goal as the therapist is to help clients identify personal needs, understand conflicts, discover new options, and make informed choices.

When clients share personal information and the counselor responds with respect and authenticity, sessions may seem emotionally intimate. To maintain a safe and beneficial environment, the counseling relationship will remain professional, it will not become personal. Contact will be limited

to the sessions in the office or over the phone, focusing on client concerns. For the benefit of the client, the client and counselor will not engage in physical contact, socialize, give gifts to each other, nor establish any relationship other than the professional counseling relationship. Cultural sensitivity may require some modification.

Participation: The therapy experience is created by the therapist and the client. Both are encouraged to be honest, open, and curious. Please feel free to ask questions about the counseling process and be honest about your thoughts and feelings. This is an important component to change. Therapy can be a difficult and uncomfortable at times. It can arouse intense emotions, recall unpleasant life events, and/or alter close relationships. This is a natural part of the therapeutic process. 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 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 time available to you, unless frequent cancellations have been made. If it is necessary to 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 two 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.