



## LAUREN KENNEDY'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Science in Social Work at Walla Walla University. I then went on to complete my Masters of Social Work degree through an online advanced program by Fordham University. I am a Licensed Independent Clinical Social Worker (LW61416944) in the State of Washington. I attend continuing education events multiple times a year in specialized areas to provide quality care.

**Philosophy and Approach:** My philosophy as a therapist is centered around building a strong therapeutic relationship between myself and the client. I believe that having a strong relationship is an important part of the therapeutic process, as it allows the client to feel more comfortable sharing their emotions and to discuss sensitive events in their lives. I enjoy working with pre-teens, teenagers, and young adults. I believe that not one therapeutic approach will be effective for every unique individual. I find that having a variety of practices to pick from helps me better help my clients reach their individual goals. The practices I am most specialized in are Cognitive Behavioral Therapy (CBT), Motivational Interviewing, and Dialectic Behavior Therapy (DBT).

**Participation:** The process of therapy requires building a strong therapeutic alliance between the client and the therapist. As a therapist, I aim to be as open and transparent as possible and am happy to answer any questions or concerns you may have. It is important for you as the client to feel comfortable expressing your emotions and experiences with me in sessions. If you do not feel that I am the right fit for you therapeutically, please let me know so I can refer you to another therapist at Refresh to better help you meet your treatment goals.

**Consultations:** I regularly consult with other mental health professionals to discuss client whom I am working with. This allows me to gain new knowledge and techniques to better help you as my client. These consultations are conducted in a way that maintains confidentiality.

**Scheduling Appointments:** Appointments are generally made on a regular, weekly basis. Appointment time slots are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session. If you need to change or cancel your appointment, please let me know as soon as possible. If a 24-hour notice is not provided, you will be charged for a full session fee. I will let you know at least two-weeks in advance if I will be unavailable for a session, except for emergencies.

**Termination:** The length of treatment is different for each individual and should be done when you feel the time is right. During the termination process, we will work together to make the transition out of services as smooth as possible. After services have been terminated, you are always welcome to return to treatment if the need arises.