



SHIRLEYANN CHASE'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I graduated with my Bachelor of Arts in English Literature from Grand Canyon University in Phoenix, AZ in 2015 and began my graduate program shortly thereafter. I graduated with a Master of Science in Licensed Professional Counseling with an emphasis in trauma in May of 2021 also from Grand Canyon University. I am currently a Licensed Mental Health Counselor in the state of Washington (LH61444735).

Philosophy and Approach: I believe that people are people first. It is my belief that a person's reality is based on their experience and on their perspective, not what anyone else makes it out to be. I believe that people have the power to get better and with proper treatment, guidance and care they will. The therapeutic relationship is the cornerstone to proper care, and I believe that I can help my clients heal through being genuine, empathetic, understanding and accepting while working from a goal centered, values-based approach that is tailored to the individual client. As a therapist my approach is humanistic with elements of cognitive behavioral therapy, mindfulness-based therapy, and existential theories. I place importance on the individual and believe in working collaboratively with the client to help them reach their goals. I am aware of the many different cultural differences and am sensitive to those differences in my clients.

As a team we will look at the reasons that brought you into therapy and dive deep into those issues. Together we will also look at other areas of your life to include relationships, communication style, and any unhelpful thought patterns and behaviors that may be adding to your current struggles.

Participation: I approach therapy as a collaborative process where the counselor and the client work together to form treatment goals and to determine how best to make progress towards them. As a therapist I will always make the effort to join you where you are but will also challenge you to step outside of your comfort zone from time to time. Your participation in this process is paramount to your success. It is important that in therapy you are open and honest about your life. I encourage my clients to become somewhat of a scientist and incorporate a level of curiosity about themselves. There will be times through therapy that you become uncomfortable, and you will be encouraged to lean into this discomfort to learn what it has to share. You may have strong emotions or powerful memories that arise as we work through your struggles, this is expected, and I encourage you to share these experiences as they arise. I believe it is in these uncomfortable moments that real change occurs.

Consultations: As licensed counselor, consultation with experienced professionals is something that may come up from time to time. This allows me to grow as a therapist and helps to ensure that I am providing the best care possible to all my clients. These consultations are obtained in such a way that confidentiality is maintained.

Scheduling Appointments: Just like with any other treatment, therapy works best with regularly scheduled appointments. Most clients will be seen on a weekly basis and it can be easier to have recurring appointments for the same day and time each week. At the end of each session, we will work to schedule your next appointment --I will not hold certain slots open from week to week -- however, if you are diligent about making and keeping appointments, I will do my best to keep a recurring appointment open for you.

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 business 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.