



## TIM WRIGHT'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelors of Interdisciplinary Studies from Cascade College in Portland, OR. I majored in three areas instead of one; Psychology, Communications, and Bible. After working for several years, I decided to take the next step to further my education and went to Grand Canyon University. I received my Master's of Science in Professional Counseling. Yearly, I will 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.

I have over 20 years working in the Mental Health field. I have worked with adults, adolescents, and children. Working in various sites such as a locked down facility in Portland, OR, for the State of Washington DDD, the County Office of Education, and in a High School setting. I am trained in Mindfulness where I create a calm space to practice being in the present to let go of stress and anxiety of everyday life situations. Social and Emotional Learning is the new form of study for adolescents and children in schools today. Learning to process socially and emotionally during times of school and home life is evidence based and does make a difference in their lives. This can also be applied to adults as they go through work life and home life.

**Philosophy and Approach:** My approach to counseling is person-centered in relational Psychotherapy. My foundation of practice consists of a combination of multiple styles and therapy including CBT (Cognitive Behavioral Therapy), Strength-Based Therapy, Positive Psychology, Rational Emotive Behavior Therapy, Motivational Interviewing, Applied Behavior Analysis and trauma recovery. I believe the counseling process to be one that is a form of mutual and collaborative alliance to identify your hurts, habits, struggles, and hang ups both emotionally and physically. Together we will help you understand the purpose of your behaviors and thoughts & feelings so you can learn how to fulfill the needs and relations with others. I can include in therapy

some mindfulness to assist in learning to be in the present, understand acceptance through thoughts and behavioral processes.

**Participation:** The therapy experience is created both by the therapist and the client. Both 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, feelings, and emotions. This is an important component to change. Therapy can be difficult and uncomfortable at times. It may bring about intense emotions, remembrance of 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. Most important is your experience as a client. Together we will work to ensure a positive therapeutic experience. 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.

**Consultations:** I regularly consult with other experienced professionals regarding clients I am working with. This allows me to gain other perspectives and ideas on how to best help my clients meet their goals. These consultations are obtained where confidentiality is maintained.

**Supervision:** As a licensed Mental Health Counselor Associate, I work under a qualified supervisor and participate in regular supervision meetings as a requirement before achieving independent licensure in the state of Washington. One of my supervisors, [Alyssia Haymond, LMHC - LH60959751; Cody Brown, LMHC - LH61136624; Kimberlee Lungdren, LMHC - LH6092764], signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes

**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 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.