



## KIMBERLEE LUNDGREN'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Master of Arts in Counseling at Western Seminary, in Portland, Oregon. I obtained a Bachelor of Arts in English Language and Literature from York College. I am a Licensed Mental Health Counselor in the State of Washington (LH60927647), a National Certified Counselor, and a member of the American Counseling Association. I practice under the laws of the State of Washington and the ethics code of the American Counseling Association. I participate in a minimum of 36 hours of continuing education every two years, in order to provide quality treatment for my clients and as a condition of my license.

**Philosophy and Approach:** My therapeutic approach integrates narrative therapy, attachment theory, positive psychology, and solution-focused therapy. In my counseling with couples, I regularly use the Gottman Method of Relationship Therapy. I also incorporate transtheoretical research into common therapeutic factors and into motivation toward change. I approach counseling with belief that physical, spiritual, social, behavioral, cognitive, and emotional health are all important to psychological well-being. I believe that relationships are fundamental to shaping our human experience. It is my hope that our counseling relationship will promote personal healing and hope, and foster a thoughtful awareness of how important relationships have influenced your sense of identity, your core beliefs, and your patterns of behavior. I tend to be future-focused and growth-oriented, meaning that I intentionally focus on goals, health, and solutions as well as addressing painful problem areas. The goal is not primarily to bring awareness to your past, but to use this awareness as a tool to understand how you would like to live differently in the present and future.

While Christian values are an important aspect of my personal worldview, out of care and respect, I will not impose my personal beliefs or opinions on clients. I view counseling as a collaborative effort in helping clients recognize strengths, identify needs, understand conflicts, discover new options, and make informed choices. I deeply value and welcome your feedback about the counseling relationship and our interpersonal style.

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 both by the therapist and the client. Both participants 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 and feelings. This is an important component to change. Therapy can be difficult and uncomfortable at times –it may arouse intense emotions, recall 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. 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 to 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 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.