



KELCIE CANNON'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Psychology from the University of California Santa Barbara. After working for several years, I returned to school to complete my Masters of Arts in Counseling Psychology at National University. I have attended training in Gottman Couples Therapy, Dialectical Behavioral Therapy, and Internal Family Systems. I am a Licensed Mental Health Counselor Associate and a Licensed Marriage and Family Therapist Associate in the State of Washington (MG61501824 and MC61504855). Yearly, I 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.

Philosophy and Approach: In my practice, I adhere to a humanistic and integrative approach. I value the uniqueness and inherent worth of each individual. I believe in creating a safe and non-judgmental space where clients can explore their thoughts, feelings, and experiences freely. Additionally, an integrative approach allows me to combine varying therapeutic techniques to meet the unique needs of every individual. My practice is informed by systems theory, attachment theory, somatic experiencing, and more. Systems theory recognizes the interconnectedness of individuals with their broader environments. Understanding that our lives are embedded within various systems, I work collaboratively with clients to explore the impact of these systems on their well-being. This systemic perspective allows for a holistic understanding of the complexities that influence one's life. Additionally, my approach embraces attachment theory, I emphasize the importance of interpersonal connections and relationships in the therapeutic process. Understanding attachment patterns can help shed light on relational dynamics, contributing to a deeper exploration of one's emotional experiences. Moreover, my practice is informed through a trauma-informed lens, recognizing the prevalence and impact of trauma on individuals. I approach

therapy with sensitivity and awareness, acknowledging the potential effects of past experiences on current functioning. This trauma-informed lens ensures a compassionate and supportive environment for individuals to navigate their healing journey. Together, we will embark on a collaborative journey towards healing and personal growth.

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.

Supervision: As a licensed mental health counseling and marriage and family 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. My clinical supervisor, Amanda Ewing (LW61089047), 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.