



MELINA MCCARTY'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Master of Science in Marriage and Family Therapy from Capella University in Minneapolis, MN. Previously, I obtained my Bachelor of Science in Mechanical Engineering from Northwestern University in Evanston, IL, and while working as an engineer, I returned to school to complete my Masters in Business Administration at the University of Oregon in Eugene, OR.

I am a Licensed Marriage and Family Therapist Associate in the State of Washington (MG61518725). 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. Recently, I became Gottman level one certified.

Philosophy and Approach: My approach to counseling incorporates solution-focused brief therapy, Gottman, mindfulness, and cognitive behavioral therapy. I view counseling as a collaborative effort in helping clients to recognize their strengths, identify needs, understand conflicts, discover new options, set personal development goals, and make informed choices that are congruent with the client's values.

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 Marriage and Family Therapist 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 supervisor, Jessica Lechlak, LMFT (WA LF60594649; OR T1150) 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.