



## RACHEL CARTER'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Arts in Psychology from Eastern University in Saint David's, PA. I then completed my Master of Arts in Clinical Mental Health Counseling at Wake Forest University. I am a Licensed Mental Health Counselor Associate in the state of Washington (MC61549287). 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 Washington.

**Philosophy and Approach:** My approach to counseling is rooted in relational-cultural therapy and attachment theory and is influenced by training in family systems, emotion-focused couples therapy, sex therapy, narrative therapy, and acceptance and commitment therapy. As such, I work to foster a power-with therapeutic relationship, focused on mutual growth, healing connection, and collaboration. Although we will spend a significant amount of our time together addressing what brought you to counseling, we will also focus on the relationships in your life, your upbringing, and the ways in which you connect with and disconnect from others. We will also deconstruct some of the dominant stories in your life and work to reauthor them so that they center *your* values and meanings. I believe that human beings are storytellers and that we grow in and toward relationships; the more interdependent and differentiated we are with others and the more our stories and actions align with our values, the more fulfilling our lives become. In our work together, we will do a deep exploration into the way you connect with others, as well as your strategies for disconnection. When those strategies come up in our time together, we will process them in the moment to increase your awareness of them and expand your capacity for addressing them. As we take in hand the relational structures and strategies that uphold the problems and symptoms you are facing, we will also discuss some skills that might be helpful in addressing these issues and taking the power

away from the problem(s). I believe that there is hope for change and healing, and consider it a privilege to consult with you on your journey.

**Participation:** The therapy experience is created both by the therapist and the client. It is my goal to create a power-with relationship where we can both 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, I can only work with what I know! Your communication with me is an important component of change. Therapy can be difficult and uncomfortable at times—it may arouse intense emotions, bring up painful memories, and/or shift close relationships. Sometimes things feel worse before they get better. This is a natural part of the therapeutic process and I encourage you to discuss these things as they arise, pacing is important and we will determine the best pace together. 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.

**Supervision:** As a licensed mental health counselor associate/professional counselor associate, I work under a qualified supervisor and participate in regular supervision meetings as a requirement before achieving independent licensure in the states of Washington and Oregon. My supervisor, Cody Brown, LMHC, LPC, LCPC (Washington, Oregon, and Idaho; LH61136224, C4652, 561) signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

**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.