



DANIEL J. HILLEY'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Communication from The University of Minnesota – Morris in Morris, MN. I took two years off to live abroad and work for my family business before I enrolled in the Counseling program at Indiana University. I graduated in 2007 with my Master of Science in Education in Counseling and Counselor Education. I am a Licensed Professional Counselor in the State of Wisconsin (4410-125) and a Licensed Mental Health Counselor in the State of Washington (LH61537580). 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 states of Washington and Wisconsin.

Philosophy and Approach: My approach to counseling is based in a person-centered approach, prioritizing the therapeutic relationship as a crucial part of effective change. My work with clients is influenced heavily by an understanding of the influence of relationships and relationship skill on one's overall mental health. I have extensive training in Pragmatic Experiential Therapy for Couples (PET-C) with Brent Atkinson, PhD, and have adapted this approach for use with families and parent-adolescent relationships. PET-C is based on the groundbreaking research of Drs. John Gottman and Julie Schwartz-Gottman, integrating solid relationship research with evidence-based emotional habit change processes. Additional areas of study and training include: interpersonal neurobiology, family systems theory, sex therapy, and Bullies to Buddies certification as an individual trainer. I utilize a strengths-based approach to assist you in moving forward and making desired changes while identifying habits and patterns that may undermine your goals. I have nearly two decades of experience working with adolescents and adults navigating relational concerns, behavioral challenges, school difficulties, anxiety and depression, and divorce and separation

concerns. Everyone has the capacity for change in their lives and in their internal experiences. I invite you to explore these possibilities with me in a collaborative, peer-to-peer relationship.

Participation: I make it clear to anyone with whom I work that therapy is a joint venture: changes don't come without the hard work. I'm here to help you with the hard stuff, and it'll only work if we both put in the effort. I also make it clear that the best therapy relationship is an honest and forthright one: I'll be transparent with you, and I ask that you do the same with me. Feel free to challenge me or ask questions if something doesn't make sense. There's no benefit to smiling and nodding through a session if you don't really buy it – so ask. Heck, even tell me if you think I'm full of it. My feelings will never be hurt – I value honesty over niceness any day. I'll always share where I'm coming from and why I think it fits, and I'll offer any alternative strategies if available (most often there will be). Therapy won't always be comfortable, and I'll do my best to predict when things may be hard, but I won't always know. Remember also that getting uncomfortable is often the foundation of growth, change, and healing. If for any reason, or at any point, you want to change course or therapists, don't hesitate to let me know. Not every therapist or every approach is right for you – and I'm happy to help you to connect with a better fit if needed.

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: Appointment frequency is dependent on a few factors in each case, but generally we will meet every week or two to get things started. 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. 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. If I need to cancel or change an appointment, I will let you know as soon as possible. Whenever possible, I will give a two week notice of these changes.

Attendance: While I recognize that life happens and plans change, it is also my expectation that you will make every attempt to attend appointments regularly and to keep with the frequency we establish together. If attendance becomes a concern, I will discuss this with you directly to problem-solve. I may set a “three strikes” policy during which three late cancellations or no-shows (with the exception of personal/family emergency or illness – please stay home if you are not well) will result in referral outside of the clinic.

Termination: Deciding if and when to bring therapy to an end is a collaborative process between the therapist and client, as well as family members when applicable. Termination of treatment also means ending a relationship, and as such should be done in a thoughtful and purposeful way. The process for termination will vary based on each client and therapy relationship. Please know that ending therapy doesn't mean a closed door for good. Unless otherwise indicated, clients may return to therapy at any time.