



KALEE FLOYD'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Science in Criminal Justice at Kennesaw State University in Kennesaw, Georgia. After working for several years, I returned to school to obtain my Master of Arts in Clinical Mental Health Counseling from Gonzaga University. I am a Licensed Mental Health Counselor Associate in the state of Washington (MC61555648). I am currently under the supervision of Cody Brown, LMHC, LPC, LCPC (Washington State, Oregon, and Idaho; LH61136224, C-4652, 5671). 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: Sometimes life can feel overwhelming and unbearable, my goal is to work alongside you and help make life's journey less arduous. Starting counseling can be anxiety-inducing but I do my best to make my clients feel comfortable by providing a warm, authentic, collaborative, and non-judgmental environment. I am passionate about working with individuals of all ages and a variety of diagnoses and challenges. I particularly enjoy working with adolescents, women experiencing difficulties in relationships, and LGBTQIA+ identifying individuals. My therapeutic approach is rooted in existential and humanistic dynamics. I also draw from several other approaches to support my clients, such as Strengths-Based, Cognitive Behavioral Therapy (CBT); Acceptance and Commitment Therapy (ACT); Dialectical Behavioral Therapy (DBT); and Attachment Theory. I believe each human is unique, and therefore I do not believe that one theory or technique can work for every client. Integrating a variety of theories allows me to cater my approach based on your needs, personality, culture, and experiences. My role as your counselor is to provide a safe space to enable you to explore yourself in a positive and non-judgmental environment. I believe it is important to encourage you to experience growth throughout our time

together. Each of our sessions will provide you with an opportunity to be seen and heard with undivided attention.

Participation: I believe it is important to provide a safe space for my clients to share openly. I structure my sessions in a collaborative manner and encourage my clients to provide feedback based on your needs. I will do my best to help you identify and work toward your goals; however, the results will largely be dependent upon your willingness to engage. Personal growth can often be gradual and frustrating. I encourage you to discuss with me any concerns you have regarding your progress. Counseling 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 counseling, you have the freedom to stop. You may also refuse to do a particular activity or request a referral to another counselor.

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. At times it may be necessary for me to consult with other professionals, such as your psychiatrist, past mental health providers or physician. I will ask you to complete a release of information to authorize these exchanges. If you have any questions or concerns related to the contents of this section, please contact me and we will discuss further as your comfort is of the utmost importance to me.

Supervision: As a licensed mental health 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, Cody Brown, LMHC, LPC, LCPC (Washington State, Oregon, and Idaho; LH61136224, C-4652, 5671), signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

Scheduling Appointments: Appointments are typically made on a regular, weekly basis, unless otherwise determined by your treatment plan. 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 you are unable to attend our appointment, please call me as soon as possible. If you need to cancel or reschedule an appointment, 24-hour notice is required. Failure to do so will result in a late cancellation fee in the amount of your regular session fee. If you are unable to attend in person but can attend your session via telehealth or phone call, I will do my best to accommodate the change. Barring an emergency, I will let you know at least one week in advance if I will be unavailable for a session.

Termination: The length and course of your treatment are dependent upon your presenting problem, diagnosis, willingness to engage in treatment and promote change. I believe the termination process should be a mutually agreed upon decision based on your progress and achievement of goals. You do, however, have the right to decide to terminate treatment at any time. Additionally, if you decide I am not the right fit, referrals can be provided at your request. If I must terminate our relationship for any reason, referrals will also be provided. If the referral is declined, the relationship may be discontinued. Please know that if treatment comes to an end, you are always welcome to return in the future.