



LIV SCHNEIDER'S THERAPIST DISCLOSURE STATEMENT

Formal Training & Education: I have a Bachelor of Arts in Public Relations as well as a Master's in Marriage and Family Counseling from Gonzaga University in Spokane, WA, which is a CACREP Accredited Program. I am a Licensed Mental Health Counseling Associate (MC.61559959) as well as a Licensed Marriage and Family Counseling Associate (MG.61561855) in the state of Washington. In addition to maintaining these credentials, I participate in continuing education in specialized areas to ensure quality of care for my clients and compliance with Washington's licensure requirements.

Philosophy & Approach: First and foremost, I welcome you to the therapeutic space as you are, while also supporting, with conviction and enthusiasm, the person you are becoming. I don't expect you to trust me right away. I know trust is earned and is also an integral element of our therapeutic alliance. I work to design your sessions to be unique to your needs, wants, goals, and preferences. My approach is based in Attachment, Rogerian, and Feminist theories. These combined approaches prioritize our need for authentic connections that are accessible and responsive, focus on the conditions we need to self-actualize, and center client consent and empowerment. I counsel with a trauma-sensitive mindset, knowing we have all encountered painful moments in our lives that have impacted us. I value supporting you in exploring how you want your care to look, engaging in authentic relationship with you as the client, and working with you in determining the proper conditions you will need to thrive in achieving your goals. I integrate a systems approach to understanding the mind-body connection and impact of relationships and values in your life, with an emphasis on

understanding emotion. I also incorporate elements of experiential techniques to guide insights and focus on the here and now. In this practice we collaborate with each other, and I defer to you as the expert on your life. This is an empowering, trauma-informed, diversity-centered approach, which not only celebrates differences but aims to protect and uplift underrepresented groups and dismantle systems of oppression. Whether you attend counseling on your own or as part of a unit, I counsel through the lens of a systems approach, which recognizes we are a part of more than just ourselves, and our relationships with family, chosen family, friends, partners, coworkers, community, and social systems which greatly influence our wellbeing. I aim to validate and understand your story, empower you to choose what you know is best for your life, accompany you in letting go of the disruptive patterns no longer serving you, repair from pain, inspect old ideas in new ways, generate ideas for change, celebrate successes, and live authentically in relationship with others. I am here to walk alongside you throughout your therapeutic journey as you discover what you uniquely need to live abundantly.

Participation: The outcome of your treatment is a collaborative process between counselor and client. Whether this is your very first counseling session or you've been attending for years, engaging in therapy can arouse intense emotions, cause recalling of unpleasant events, and/or alter close relationships. Therapy can be especially emotionally draining in the early weeks of doing this type of deep, personal work. This is a common reaction clients experience, and I will hold space to discuss these feelings as they arise. Counseling is a tool to help you work through these feelings. While I cannot promise that your behavior or circumstance will change, my goal is to help you feel better mentally, physically, emotionally, and spirituality. 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. I am honored to accompany you on this journey and committed to supporting you.

Consultations: I participate in regular consultation with other experienced clinicians regarding my clients, which allows me to gain other perspectives and ideas as to how to best support you in reaching your goals. These consultations are obtained in such a way that confidentiality is maintained.

Supervision: As a licensed associate, I work under a qualified supervisor and receive weekly supervision as a requirement before achieving independent licensure in the state of Washington from Jessica Lechlak, LMFT (WA LF60594649; OR T1150). In addition to providing feedback on cases and my counseling approach, my supervisor also 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, except in emergencies.

Termination: The length of treatment is determined through the therapeutic process. The appropriate length of the termination depends on the length and intensity of the treatment. Ending relationships can be difficult. Therefore, I believe it is important to have a termination process to achieve some closure and celebrate progress toward your goals. At any time, should you wish to discontinue therapy, you have the freedom to stop. I work to make termination a smooth, collaborative process. I will not terminate the therapeutic relationship without first discussing and exploring the reasons and purpose of terminating. If for some reason you don't feel like I am the best

fit, I welcome this feedback and will do my best to help refer you in the direction of someone who may better serve your needs.