



## KATIE YUNG'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Science from Washington State University- Vancouver which focused on addiction and psychology. After working for several years, I returned to school to complete my Masters of Social Work at Capella University. I have been certified as a Substance Use Disorder Provider for nearly 4 years (SUDP CP61325629; CADC II 24-05-20427; NPI 1801420179). 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:** My approach to counseling is rooted in relational psychotherapy and is influenced by trainings in Solution-Focused Care, Positive Psychology, Motivational Interviewing, and Cognitive Behavioral Therapy. I believe the counseling process to be one of forming a mutual and collaborative alliance to explore the nature of your hurts and struggles. Although we will spend much time dealing with the specific issues that brought you into counseling, we will also look at the nature of your relationships with the significant people in your life. It is my desire to help you become aware of the patterns in your thoughts, behaviors, and relationships and to help you use that new awareness to inform your current and future way of being. There is hope for change through the counseling process and I kindly invite you to allow me to journey with you toward healing.

**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 to 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 graduate level intern in an MSW program, 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 primary supervisor, Amanda Ewing (LW61089047) 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 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.