



KATRINA BISHOP'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I am a Licensed Marriage and Family Therapist in the state of Washington (LF61576150). I received my Bachelor of Arts in Psychology and Justice from University of Alaska, Fairbanks and my Master of Arts in Marriage and Family Therapy from Whitworth University. I've received further specialized training in Emotionally Focused Therapy through Core Skills, Brainspotting through Phase 1, victim advocacy, and mediation. Yearly, I participate in continuing education in specialize areas to be able to provide quality treatment for my clients as a condition of my licensure in the state of Washington.

Philosophy and Approach: I practice two types of therapy: traditional talk therapy and brainspotting. My approach to talk therapy is rooted in Emotionally Focused Therapy and person-centered therapy and is influenced by trainings in family systems, Gestalt, experiential, sandtray, and cognitive-behavioral therapy. As such, working with children up to adults in individual, family, or couples capacities, I believe the counseling process should be a collaborative process between therapist and client to work toward meaningful change. I work with my clients to manage ongoing struggles and symptoms through development of coping skills and identification of areas of change as well as exploring deeper roots of ongoing struggles which may include exploration of past or current relationships, attachment injuries, or underlying emotions that are actively avoided.

When conducting therapy through brainspotting, I work with my clients to identify areas of pain or trauma and re-process through the use of eye positions. Brainspotting is a technique that uses eye positions to access emotional/body pain, trauma, and other challenging symptoms within the body's central nervous system that may be otherwise difficult to reach through traditional talk

therapy. It is a somatic experience that allows one to experience powerful healing within a safe and focused environment.

Whether a client is looking for talk therapy, brainspotting, or a combination of both, it is my belief and aim to meet my client where they are at. Not every theory works with every person, and I aim to provide a process that meets my clients' individual needs. I believe that with an attuned and non-judgmental relationship, we can give you the avenue for change and healing that you are looking for. It is my honor to join you on your journey 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 be honest about your thoughts, feelings, and whether an approach is or is not working for you. 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. While I provide the space and knowledge to guide you through your journey, you also have the space and ability to identify where your limits are or what you may need from your sessions. 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.

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.