



## KATHI BRANDT'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I earned a Master of Social Work (MSW) from Columbia University School of Social Work after receiving a Bachelor of Science degree in Sociology with an emphasis in Psychology from Washington State University. I am credentialed with a Social Worker Associate Independent Clinical License in the State of Washington (credential number: SWIA.SC.70011961). I practice under the supervision of Kimberlee Lundgren, LMHC, as I work toward full licensure. I'm committed to ongoing professional development and participate in continuing education to ensure high-quality, evidence-based care.

**Philosophy and Approach:** Therapy is most effective when built on a trusting, collaborative relationship. I tailor our work together based on your individual needs and goals. My therapeutic orientation is trauma-informed, strengths-based, and inclusive. I use an eclectic approach, integrating modalities such as Dialectical Behavioral Therapy (CBT), Emotionally Focused Therapy (EFT), Narrative Therapy, Mindfulness Practices, and components of Solution-Focused strategies. I am informed by my past work as an advocate for survivors, supporting those working in the sex industry, and as an autism/ADHD psychometrist. I am passionate about creating an inclusive, nonjudgmental space where you are valued for who you truly are, regardless of any diagnostic labels. I believe in holistic care and understand that each of us is impacted by our biology and social environment just as much as our psychology. My own life experiences fuel my commitment to walk alongside you as you explore your strengths and navigate your unique path to healing and self-discovery.

**Participation:** Your active involvement in the therapeutic process is central to your success. We'll

work together to set goals, check in regularly about progress, and adapt your treatment plan as needed as you navigate life changes. Therapy can involve reflecting on the past, addressing current challenges, and building toward future strengths. I aim to support growth, self-awareness, healing, and connection through that process. I encourage you to provide me with feedback on what is and is not working for you as we collaborate in pursuit of your goals. Approaching each appointment with openness, curiosity, and honesty will enable you to gain the most from your therapeutic experience.

### **Client Rights & Ethical Practice:**

As a client, you are entitled to:

- Respect, dignity, and non-discriminatory care
- Clear information about the therapy process, methods, and treatment planning
- The right to refuse or end services at any time
- Access to your records or a treatment summary
- File a complaint with the Washington State Department of Health

**Consultations :** I regularly consult with other professionals regarding clients. This consultation helps me to gain a new perspective and ideas that could increase the success of our counseling together. As confidentiality is of utmost importance to me, the consultation is done in such a way as to maintain your confidentiality.

**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. Collaborative support during the termination process is as significant as the rest of your treatment. Should either of us choose to discontinue service, 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.