



## TINA JOHNSON'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Science in Psychology: Christian Counseling from Liberty University and my Masters of Arts in Marriage and Family Therapy with a specialty in Child and Adolescent Family Therapy at Northcentral University. I am a Licensed Marriage and Family Therapist Associate in the State of Washington (MG 61230396). I have also received a Certificate as a Chemical Dependency Specialist from Clover Park Technical College. 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 therapy is grounded in the belief that all individuals have the capacity for growth, healing and meaningful change. I view therapy as a collaborative process in which we work together to explore your experiences, identify strengths and navigate challenges. I aim to create a safe, nonjudgemental space where you can feel heard, respected, and empowered.

My clinical work is informed by Family Systems Theory, Motivational Interviewing, Narrative Therapy, Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) and I integrate evidence-based practices tailored to meet your individual needs and goals. I consider cultural, social and contextual factors that influence your experience, and I strive to approach each person with cultural humility and openness. Whether we're working on managing symptoms, improving relationships, or navigating life transitions, my goal is to support you in building insight, resilience, and skills that align with your values.

**Participation:** Therapy is most effective when clients are actively engaged in the process. Your participation is essential to your progress and may include sharing thoughts and feelings openly, completing suggested tasks or exercises between sessions, and giving feedback about what is or is not working for you. While I will guide you and support you throughout our work together, your willingness to invest in the process will play a significant role in the outcome. You have the right to ask questions, express concerns, and take an active role in shaping your therapeutic goals. Please keep in mind that personal growth can sometimes involve discomfort as we explore difficult topics, but these moments lead to meaningful insight and change.

**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 licensed marriage and family therapy 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, 561), 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.

**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.