



TESS STEM THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Criminology and Criminal Justice from Portland State University in Oregon. After the pandemic, I returned to school to complete a Master of Arts in Clinical Mental Health Counseling at Colorado Christian University. I am a Licensed Mental Health Counselor Associate in the State of Washington (MC61652039). Yearly, I am required to participate in continuing education in specialized 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: My approach to counseling is shaped by my training in Cognitive Behavioral Therapy (CBT) and attachment-based work, with additional integration of creative and experiential techniques when appropriate. I view counseling as a collaborative process of exploring the thoughts, emotions, and relational patterns that influence your current struggles and sense of self. 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. We will also consider the broader context of your relationships, identity, and purpose. I believe that self-awareness and meaning-making are central to developing resilience, direction, and autonomy. In our work together, I hope to help you uncover and reframe unhelpful patterns while strengthening the resources and capacities that already exist within you. Our time together will be spent nurturing your roots, making meaningful growth, and blossoming into the person you are meant to be. Although Christian values inform my overall worldview, out of care, respect, and ethics, they will not be imposed on clients. I approach counseling as a collaborative process focused on recognizing strengths, identifying needs, understanding conflicts, exploring alternatives, and making informed choices. Feedback regarding the counseling relationship and interpersonal style is welcomed and valued.

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 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 licensed mental health 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, Kimberlee Lundgren, LMHC, LPC (Washington: LH60927647, Oregon: C6024), 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. I believe the terminating process to be as significant as the rest of the 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.