



Shavon Harris Therapist Disclosure Statement

Formal Education and Training: I received my Bachelor of Arts in Psychology from Gonzaga University in Spokane, Washington. After working for several years, I returned to school to complete my Masters of Social Work at Boise State University. I am a Licensed Social Worker Independent Clinical Associate in the State of Washington (SWIA.SC.70031371)). 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 counseling philosophy is rooted in the belief that relationships are at the very core of the human experience. Because our earliest bonds shape how we navigate the world, I utilize Attachment Theory as a lens to help you understand your patterns and develop healthier connections in all areas of life. I believe the most vital component of successful therapy is the relationship between the counselor and the client. To that end, I am committed to fostering a therapeutic bond built on a foundation of deep trust, compassion, and unwavering support.

I believe it is important to help you find a sense of true contentment and peace, regardless of your external circumstances. Life will inevitably bring challenges, and my goal is to ensure you have the internal and external resources necessary to weather the storms. We will work together to build your resilience, moving beyond simply managing symptoms toward a life that feels meaningful, grounded, and balanced.

In our sessions, I weave together several evidence-based practices to meet your specific needs. We will use Cognitive Behavioral Therapy (CBT) to explore the link between your thoughts and actions, and Acceptance and Commitment Therapy (ACT) to help you live a value-driven life. To provide you with practical tools for the present moment, I also incorporate mindfulness practices and skills from Dialectical Behavior Therapy (DBT), such as emotional regulation and distress tolerance. This integrative approach ensures that our work is not only insight-oriented but also provides you with a tangible "toolkit" for navigating life's complexities with confidence.

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. It is essential for there to be a good fit between the therapist and client, so if at any time you feel my style or approach is not right for you we can work together to find a therapist to meet your individual needs. You may also refuse to do a particular activity. 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, 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. 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.