



Becca Vermace Therapist Disclosure Statement

Formal Education and Training: I received my Bachelor of Arts in Psychology and Business Administration from Seattle Pacific University in Seattle, Washington. After taking a gap year to serve and volunteer in different countries around the world with a nonprofit called Adventures in Missions, I returned to school to complete my Master of Arts in Marriage, Couples, and Family Therapy at Lewis and Clark College, in Portland Oregon. This program is COAMFTE certified and meets all the educational requirements to practice in Oregon. I am currently a Registered Marriage and Family Therapist Associate in the State of Oregon(R7734) and a Licensed Marriage and Family Therapist in the state of Washington (LF61609524). 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.

Oregon Licensing Board: Oregon Board of Licensed Professional Counselors and Therapists, Address: 3218 Pringle Rd. SE, Suite 120, Salem, OR 97302., phone: 503-378-5499, Email: lpct.board@mhra.oregon.gov Additional information about this registered associate is available on the Board's website: www.oregon.gov/obl/pct

Philosophy and Approach: As a relational therapist, I see the therapeutic process and relationship as a collaborative one. I operate from a systems perspective which means when working with my clients, I consider and help them process how all their relationships and the greater systems at play (culture, race, capitalism etc.) are influencing their lives. I think our lives are constructed by the beliefs and stories we tell ourselves, and I see my role as helping my clients bring their stories out, examine the beliefs they hold, and rewrite the messages they are telling themselves. Additionally, I work from a strengths-based approach, highlighting and drawing out what my clients are good at and coming back to the progress that they've made. While Christian values are a huge aspect of who I am and the worldview I hold, I respect and understand that everyone comes from a different background with different worldviews and thus has different needs in the therapeutic space. This is why I strive to approach therapy from an integrative perspective, drawing mostly from Cognitive Behavioral Therapy, Solution Focused Therapy, and Narrative Therapy techniques. I believe that from my unique perspective and philosophy, I can help instill hope and equip you to create the long-lasting change you wish to see. I can't wait to journey with you through this process.

I adhere to the Oregon Licensing Board's Code of Ethics and to Washington State Licensing Board's Code of Ethics.

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. Ideally, therapy should come to an end when we have met the agreed upon therapeutic goals. However, 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, excepting 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.