

Counselor Disclosure Statement

WAC308-190-040 requires the disclosure of the following information in written form by counselors to their clients.

Catherine Pasley, MA, LMHC, PLLC

Mental Health Counselor
2905-A Hewitt Ave.
Everett, WA 98201
425-760-8992

Degrees and Training

I am a Licensed Mental Health Counselor in the State of Washington (LH 60085519). I received my Bachelors Degree and elementary teaching certification at Seattle Pacific University and my Master of Arts in Counseling Psychology at Northwest University in 2007. I have worked at both Sound Mental Health and Catholic Community Services, providing mental health services to children, adolescents, and their families. I have a private practice in Everett, continuing my work with children, youth, and adults in individual and family counseling.

Counseling Philosophy

My belief is that counseling is a journey we travel together. Our first step is to define where you want to go – discovering the reasons that you have chosen to meet with me at this point in your life. We will also identify your strengths, what's working well in your life, and the things that can be changed to get you to your destination. My ultimate goal is to work myself out of a job as you develop the skills and tools that you can use in the present and the future to have the life that you desire. I use cognitive behavioral techniques – examining thought and relationship patterns and what is working and not working, narrative therapy – your story and the impact your past has upon your present, as well as a strengths based approach – what you do well and the things about you that help you handle stress and life's challenges and difficulties.

Confidentiality

You can rely on me to maintain confidentiality regarding our work together with these few exceptions:

1. Washington State Law requires that suspected abuse or neglect of a child, dependent adult, or developmentally disabled person be reported.
2. Washington State Law also requires that others be informed if you threaten to harm yourself, or others. If that threat is perceived to be serious, the proper individuals must be contacted: this may include the individual against whom the threat is made.
3. In the event of a court order, counselors **may** be required to disclose information in the presence of a judge.
4. In the event of a medical emergency, emergency personnel may be given necessary information.
5. If you bring a complaint against me with the State of Washington, Department of Health, information will be released.
6. In the event of your death or disability, the information may be released if your personal representative or the beneficiary of an insurance policy on your life signs a release authorizing disclosure.

In order to provide the best possible treatment, I regularly consult with other professionals regarding clients with whom I am working. These consultations are conducted in such a way that confidentiality is maintained.

Finding the Right Fit

The best way for you to meet your goals is to trust and feel comfortable with the mental health professional that you are working with. You have the right to choose your counselor. If at any time working with me does not feel like a good fit for you, you can choose to terminate. At that time I would be glad to provide you with a referral to another counselor.

Billing and Insurance Information

The fee for counseling is \$90.00 per 50-minute individual session (with a sliding fee possible) and \$105.00 per 80 minute family sessions. Payment in cash or check is made at the beginning of each session. Please make checks payable to: Catherine Pasley. You will be charged for a missed appointment if you have failed to notify me within 24 hours of our scheduled time (except emergencies). I do bill some insurance companies. We can discuss the details when you schedule your initial appointment. For those insurances that I do not bill, I will provide you with the necessary paperwork for you to file with your provider.

State Information

If you suspect that my conduct has been unprofessional in any way, you may contact the Department of Health at the following address and phone number:

Department of Health, Counselor Programs, 360.664.9098

P.O. Box 47869

Olympia, WA 98504-7869

Emergencies

You may leave a message at 425-760-8992. I check regularly for messages, please limit the conversation needs to appointment scheduling and emergencies. In an emergency, if you cannot reach me, you can call 911 or one of the following numbers:

- Crisis Line: (425) 258-4357 or (800) 223-8145
- Crisis Clinic: (206) 461-3222 or (800) 244-5767

Consent for Treatment

I the undersigned have read the information presented in this form. I have asked questions with regard to these policies and understand them. I agree to the treatment under the terms described above.

Client Signature

Date

Parent or Legal Guardian

Date

Client Signature

Date

Therapist Signature

Date