



Disclosure Statement
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Mental Health Counselor
614 West McGraw St. Seattle, WA 98119
MC 60168287

Therapeutic Approach

There are certain moments in our lives when we are in need of a caring and considerate presence; one who listens and tends to the parts of ourselves that are in pain or confusion or fear. I believe therapy is a beautiful place for such possibilities.

My hope for our therapy is to provide safety and understanding as we discover who you are as well as give life and shed light onto who you are becoming. Our relationship will allow us to gently examine the places that are filled with anxiety as well as the places that may be unclear or unknown.

I utilize a variety of approaches: relational psychodynamic therapy, dream interpretation and play therapy to name a few. However, you are central, not merely my approach, so together we will find creative, unique ways to bring healing, fullness, and rest.

Qualifications

I am Master's level therapist and a Licensed Mental Health Associate (#60168287) in the state of Washington. I practice under the supervision and in consultation with other Mental Health Counselors. I received my Master of Arts in Counseling/Psychology from The Seattle School of Theology and Psychology. I have a BFA in Painting from Columbia College in Chicago.

I have spent several years working with children and adolescents in multiple capacities, from volunteer work at youth centers to counseling positions at local agencies. I have also worked with women struggling with addiction, domestic violence, and familial strain as a therapist. I continually research, teach and facilitate dialogues regarding our bodies, both female and male as they pertain to culture, sexuality, religion, oppression and body image. I have found from play therapy with children to art therapy with adolescents to open dialogue with men and women that the body holds so many difficult stories and memories, waiting to be told and expressed—something I listen for while as your counselor.

I regularly seek consultation from colleagues as well as a licensed supervisor to discuss your treatment and for the purposes of improving my work with you. All information is

shared confidentially and remains so.

Fee and Payment Information

My fee for a 50 minute session for:

- Individual: \$75
- Group: \$35
- Student: \$60
- Some sliding scale slots available (to be discussed in consultation)

Payments (cash or check) are to be made at the beginning of each session. A \$25 fee will be charged for returned checks.

Missed Appointments: In the event that you are unable to keep an appointment, please notify me via phone a minimum of 24 hours in advance. If you miss your appointment for whatever reason and fail to give me adequate notice, you will be responsible for the full fee for the session. If you are late, I will still stop at our regular ending time in order to keep my schedule, and you will still be required to pay for the entire session. In the event of a missed appointment, the bill will reflect a late cancellation instead of a clinical session. If I have an emergency, I will notify you as soon as possible of my need to reschedule our appointment.

Insurance

I am a preferred provider with some insurance plans. If I am not paneled with your insurance plan, I can provide you with an invoice as an out-of-network provider. In this case, I request that you submit for reimbursement from your insurance company.

Contact Information

You may leave a voice message at 630.615.1282 or email me at heatherstringer@thecounselingcollaborative.com. My goal is to return your phone call or email within 24 hours. Because therapy is a relational dynamic that requires both of our presence, please limit communication to appointment scheduling and emergencies.

Please be aware that although my voice mail and email are confidential and protected as best I am able, there is a greater risk to confidentiality. Please reserve for our inperson time any important therapeutic information. Do not use my voice mail or email for any disclosure of life threatening emergencies. If you cannot reach me immediately, see below.

Emergencies

For emergencies, you may dial **911** or call the Crisis Clinic at **206.461.3222**.

Rights and Responsibilities

I appreciate that you have selected me for these services. Please be aware that your participation in this therapy is voluntary and you may terminate these services at any time without additional cost. You will always maintain the right to select another therapist. You have the right to ask me to review my treatment approach at any time and you may request changes as you deem appropriate. You have the right to review your records and, upon written request may receive a copy at any time.

Counselors practicing counseling for a fee must be registered or certified with the department of health for the protection of the public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment.

The Counselor Credentialing Act regulates counselors in order to provide protection for public health and safety and to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.

Confidentiality

All records kept relating to our sessions together will be kept strictly confidential with the following exceptions: 1) I will release information to your physician, attorney, other mental health professional or your insurance if you sign a release of information form, 2) If you present an imminent threat to yourself or another, 3) in cases of suspected abuse to another individual, 4) information shared that suggests the commission of a crime 5) under court order.

Consent

I, _____, have read and agree to the above policy and give my informed consent for services.

Client Signature

Date

Client Signature

Date

**REGULATION OF HEALTH PROFESSIONS --
UNIFORM DISCIPLINARY ACT
Unprofessional conduct**

The following conduct, acts, or conditions constitute unprofessional conduct for any license holder or applicant under the jurisdiction of this chapter:

- (1) The commission of any act involving moral turpitude, dishonesty, or corruption relating to the practice of the person's profession, whether the act constitutes a crime or not. If the act constitutes a crime, conviction in a criminal proceeding is not a condition precedent to disciplinary action. Upon such a conviction, however, the judgment and sentence is conclusive evidence at the ensuing disciplinary hearing of the guilt of the license holder or applicant of the crime described in the indictment or information, and of the person's violation of the statute on which it is based. For the purposes of this section, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for the conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RCW;
- (2) Misrepresentation or concealment of a material fact in obtaining a license or in reinstatement thereof;
- (3) All advertising which is false, fraudulent, or misleading;
- (4) Incompetence, negligence, or malpractice which results in injury to a patient or which creates an unreasonable risk that a patient may be harmed. The use of a nontraditional treatment by itself shall not constitute unprofessional conduct, provided that it does not result in injury to a patient or create an unreasonable risk that a patient may be harmed;
- (5) Suspension, revocation, or restriction of the individual's license to practice any health care profession by competent authority in any state, federal, or foreign jurisdiction, a certified copy of the order, stipulation, or agreement being conclusive evidence of the revocation, suspension, or restriction;
- (6) The possession, use, prescription for use, or distribution of controlled substances or legend drugs in any way other than for legitimate or therapeutic purposes, diversion of controlled substances or legend drugs, the violation of any drug law, or prescribing controlled substances for oneself;
- (7) Violation of any state or federal statute or administrative rule regulating the profession in question, including any statute or rule defining or establishing standards of patient care or professional conduct or practice;
- (8) Failure to cooperate with the disciplining authority by:
 - (a) Not furnishing any papers or documents;
 - (b) Not furnishing in writing a full and complete explanation covering the matter contained in the complaint filed with the disciplining authority;
 - (c) Not responding to subpoenas issued by the disciplining authority, whether or not the recipient of the subpoena is the accused in the proceeding; or
 - (d) Not providing reasonable and timely access for authorized representatives of the disciplining authority seeking to perform practice reviews at facilities utilized by the license holder;
- (9) Failure to comply with an order issued by the disciplining authority or a stipulation for informal disposition entered into with the disciplining authority;
- (10) Aiding or abetting an unlicensed person to practice when a license is required;
- (11) Violations of rules established by any health agency;
- (12) Practice beyond the scope of practice as defined by law or rule;
- (13) Misrepresentation or fraud in any aspect of the conduct of the business or profession;
- (14) Failure to adequately supervise auxiliary staff to the extent that the consumer's health or safety is at

risk;

(15) Engaging in a profession involving contact with the public while suffering from a contagious or infectious disease involving serious risk to public health;

(16) Promotion for personal gain of any unnecessary or inefficacious drug, device, treatment, procedure, or service;

(17) Conviction of any gross misdemeanor or felony relating to the practice of the person's profession. For the purposes of this subsection, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RCW;

(18) The procuring, or aiding or abetting in procuring, a criminal abortion;

(19) The offering, undertaking, or agreeing to cure or treat disease by a secret method, procedure, treatment, or medicine, or the treating, operating, or prescribing for any health condition by a method, means, or procedure which the licensee refuses to divulge upon demand of the disciplining authority;

(20) The willful betrayal of a practitioner-patient privilege as recognized by law;

(21) Violation of chapter 19.68 RCW;

(22) Interference with an investigation or disciplinary proceeding by willful misrepresentation of facts before the disciplining authority or its authorized representative, or by the use of threats or harassment against any patient or witness to prevent them from providing evidence in a disciplinary proceeding or any other legal action, or by the use of financial inducements to any patient or witness to prevent or attempt to prevent him or her from providing evidence in a disciplinary proceeding;

(23) Current misuse of:

(a) Alcohol;

(b) Controlled substances; or

(c) Legend drugs;

(24) Abuse of a client or patient or sexual contact with a client or patient;

(25) Acceptance of more than a nominal gratuity, hospitality, or subsidy offered by a representative or vendor of medical or health-related products or services intended for patients, in contemplation of a sale or for use in research publishable in professional journals, where a conflict of interest is presented, as defined by rules of the disciplining authority, in consultation with the department, based on recognized professional ethical standards.

Complaints concerning any of the above information should be directed to:

Department of Health
1112 SE Quince Street
PO BOX 47890
Olympia, Washington 98504-7890
DOH Consumer Hotline - (800) 525-0127
Health Profession Licensing - (360) 236 - 4700