



HEATHER BELTS' THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Civil Engineering Communication from George Washington University in Washington, D.C. After working for several years, I returned to school to complete my Masters of Arts in Mental Health Counseling at The University of the Cumberlands. I am a Licensed Mental Health Counselor Associate in the State of Washington (MC61623063). 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: I adhere to a person-centered approach to counseling, prioritizing the unique needs and experiences of each individual. My therapeutic philosophy integrates several evidence-based modalities, including Cognitive Behavioral Therapy (CBT), family systems theory, somatic therapy, multicultural counseling, and attachment theory.

I place a strong emphasis on fostering a safe and nonjudgmental space where clients can explore their thoughts, feelings, and experiences. Through collaborative dialogue and active engagement, we aim to empower clients to gain insight into their behaviors and patterns, while equipping them with practical skills to navigate life's challenges.

Central to our approach is the exploration of significant relationships in understanding and addressing trauma. We recognize the profound impact that past and present relationships can have on an individual's well-being and strive to integrate this understanding into our therapeutic work.

Overall, our goal is to support clients in their journey towards healing, growth, and self-discovery, utilizing a holistic and culturally sensitive approach that honors the complexity of each person's lived experience.

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.

Supervision: As a licensed mental health associate, I work under a qualified supervisor (Kimberlee Lundgren; WA LMHC LH60927647 and OR LPC C6024) and participate in regular supervision meetings as a requirement before achieving independent licensure in the state of Washington. My supervisor signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

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.