



## LYRON BLUM-EVITTS' THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Science in Psychology and Sociology from St. Lawrence University in Canton, NY. After working for more than a dozen years in Washington, D.C., I returned to school to complete my Master of Arts in Clinical Mental Health Counseling via The Family Institute at Northwestern University. I am a Licensed Mental Health Counselor Associate in the State of Washington MC61545518. I regularly participate in continuing education in specialized areas in order to provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

**Philosophy and Approach:** I value creating strong, collaborative therapeutic relationships where clients are able to explore the behaviors, thinking patterns, and relationships that are interfering with their ability to live their best life. Through mutual respect and trust, we can create an atmosphere of safety and curiosity where you can also be challenged to do the valuable work of self-exploration, growth, and change. While we can't change difficult situations, we can work together to better understand and resolve challenges.

My therapeutic work is integrated and eclectic, but rooted in a trauma-informed, psychodynamic lens, with a person-centered approach and often includes elements of psychoeducation, cognitive behavioral therapy, and dialectical behavior therapy. Some clients benefit from exploring the roots of their emotional and behavioral difficulties, while others prefer a more focused, goal-oriented approach; my aim is to find the balance that is right for you. I tailor my interventions to meet your needs and draw from a wide set of therapeutic modalities, recognizing that there is no one-size-fits-all.

If you are seeking a supportive therapist who values, diversity, fosters a welcoming environment and is dedicated to your individual growth, I am here to make your healing journey as approachable as possible.

**Participation:** The therapy experience is created and cultivated by both 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 open dialogue 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 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 (LH61136624, LMHC C4652, LCPC 5671) 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.