



RACHEL PARKER'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of science in Education from Western Oregon University in Oregon. After working for several years as a teacher, I earned my Masters of Arts in Clinical Mental Health Counseling at Southern New Hampshire University. I am a Licensed Mental Health Counselor Associate (61543415) in the state of Washington. 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.

Philosophy and Approach: My approach to counseling is rooted in person-centered theory, cognitive behavioral therapy, dialectical behavior therapy and social learning theory. Using these modalities, we will explore how your thoughts impact your emotions, behaviors and how your core beliefs shape the way you view yourself, others, and the world. Together, we will explore these concepts in a safe and non-judgmental therapeutic environment. I believe that when people feel completely loved and accepted regardless of their past behaviors and decisions, they are able to build a positive self-concept. A positive self-concept lays the foundation for better decisions and better relationships. It is my passion to help you love and celebrate yourself.

Participation: Our therapeutic process will be centered on our therapeutic relationship that is grounded in unconditional acceptance, honesty, and empathy. As your counselor, I will challenge your thinking and highlight your strengths. It is an honor to be a part of your mental health journey. I am always willing to answer questions about any aspects of the counseling process. At any point, if 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. You are the most important part of the therapeutic process and we will shape this journey to fit your needs.

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.

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, Kimberlee Lundgren, LMHC, LPC (Washington and Oregon; LH60927647, C-98685), signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes

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.