



BRYAN BERGSTROM'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor's degree in Recreation Management from Eastern Washington University in 2001. After working mostly in public parks and recreation I returned to school to complete my Master's degree in Marriage and Family Therapy from Whitworth University in 2022.

I am a Licensed Marriage and Family Therapist Associate in the State of Washington (MG61344826). I participate yearly in continuing education in specialized areas so I may provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

Philosophy and Approach: My approach to counseling is rooted in systemic and relational psychotherapy. I believe in a collaborative approach to therapy. I value the importance of building a trusting therapeutic relationship in order to help you explore the various areas of growth and healing you would like to attend to. In our work together we will examine areas of your life that you find important such as relevant relationships, behavior patterns, and significant life stressors. Throughout this process we will uncover personal growth, new ways of understanding, and ultimately healing. There is hope for change through the counseling process.

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 and 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.

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 Marriage and Family Therapist Associate in Washington, I work under a qualified supervisor and participate in regular supervision meetings as a requirement before achieving independent licensure. My supervisor, Jessica Lechlak, LMFT (Washington State and Oregon; LF60594649 & T1150), 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.

Payment is collected for each session and billed to the card on file. Your payment is determined by your insurance provider and will be provided to you upon beginning treatment.

Sessions are by appointment only. It is important to the therapeutic process that you keep all scheduled appointments and arrive on time. If you are unable to attend a scheduled appointment, we ask that you provide us with a 24-business hour notice. Failure to provide 24-business hour notice, or a no show, will result in a missed session fee billed at our standard rate. I will let you know at least 2 weeks in advance if I will be unavailable for a session, excepting emergencies.

Termination: Because every individual is unique, so is the length of treatment. Termination is a process in itself. I recommend a collaborative approach in ending our work together. You are always welcome to return to therapy when the need arises.