



BRYANNA GOODMAN'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I am a Licensed Marriage and Family Therapist in the State of Washington (LF60139869) and in the State of Oregon (T1398). I received my Masters in Marriage and Family Therapy from Abilene Christian University in 2007 and my Bachelors of Psychology from York College in 2005. I am a member of the American Association for Marriage and Family Therapy and Washington Association of Marriage and Family Therapy.

I have primarily worked in Clark County and the Portland Metro areas since 2007 serving individuals, couples and families. I specialize in working with couples and individuals with relationship needs from affair recovery to pre-marital preparation. I have extensive training in Gottman Theory and EFT. I utilize IFS, CBT, Solution-Focused and Narrative Therapy with adults who are struggling with such issues as depression, anxiety, and adjusting to a life transition. I believe in the value of collaborating with a variety of professionals as a way to create a holistic environment for each of my clients.

Philosophy and Approach: I believe that all individuals deserve to find the essence of who they were born to be! As we enter this world, we have protectors that come online who offer shelter, protection and safety to our core selves in hopes to prevent us from pain. Many of these protectors, such as anger, criticism, defensiveness, anxiety, detached, stonewall and many more become exhausted throughout our lives! If you hear yourself saying, "I can't do this anymore," or "I am so desperate to feel better," these are signs your protectors are tired and needing support! We all experience pain and deserve to offer support and empathy to these reactions that interfere in living out a fulfilling life.

We are made to live in community and among many systems. With my work with couples, I believe the greatest change comes from each individual identifying the pain they brought into their relationship and learning who their core selves are in order to change the cycle of blaming our partners to offering increased empathy and acceptance. As each individual's empathy increases

toward self, the empathy can then be shared to one another promoting healing and new dynamics. Change in all of our systems starts with our essential selves.

Therapy requires much commitment and vulnerability as we heal the injuries that are impacting our lives and relationships! With both your individual life experiences and my professional guidance, you will gain new insight into your unhealed pain to allow your core self to be revealed allowing you to feel self-love, compassion and confidence toward the long-lasting changes you desire!

My approach focuses on building a therapeutic relationship that is honest, collaborative, empathetic, nonjudgmental, and creative.

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.

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.