



**Disclosure Statement for Heather J. Johnson M.A, L.M.F.T
Washington State License No. LF60032040**

The following statement explains my fees, services, procedures, therapeutic/counseling approach, your rights as a client, and outlines my education, training and experience. After you have read this statement you will be asked to sign that you have read the statement and agree to the terms. Please carefully read this agreement for your awareness and protection. If you have any questions or concerns about fees or procedures please feel free to ask.

Appointments & Fees

Fees: Sessions are 50 minutes. Sessions are billed at the rate of \$175 for the initial intake appointment and \$130 per session for individual counseling and \$150 per session for family and couples counseling.

Payment: Clients are expected to pay at each session, unless other arrangements have been made in advance. Please make checks payable to Aspire, Inc. or Heather Johnson. I do not accept credit cards or medical coupons. A twenty-five dollar (\$25.00) charge will be made for checks that are returned for any reason.

Insurance: If you are using insurance as a resource to pay for counseling, please make arrangements with my billing office prior to your appointment. Their phone number is 360-491-5055. When benefits are paid directly to Aspire, Inc., you are responsible for paying your portion (co-payment) at each session, including your insurance deductible.

Cancellation Policy: In order to have an opportunity to fill time open time slots, 24 hours advance notice of cancellation is required. If you do not give 24 hours notice of cancellation, it will be considered a missed appointment and you will be charged a \$100 fee for the appointment (not just your co-pay). If you are using insurance, your insurance company will not pay for missed appointments. The charge is the responsibility of the client. Please initial here to signify that you understand and accept this policy:_____

Other fees: If I am doing work related to your treatment outside the bounds of scheduled counseling I will bill you on an hourly basis for all time I spend on your case including travel time to another location (such as the hospital, your home, an attorney's office, etc.) email and phone consultations, etc. My fee for this type of work is prorated at \$165.00 per hour.

My Approach to Therapy:

I value the therapeutic relationship and believe that it is essential to growth and transformation. Forming a trustworthy relationship with the client and attuning to the client's thoughts, feelings, actions, frustrations, desires, and goals is vital to successful therapy. Attention is given to the client's past, present, and future. Insights and new understandings are important, underscoring the importance of being a learner in therapy. Both therapist and the client are co-learners with the central focus being the client's life. However, for therapy to be effective, insight must be translated into action, responsibility and new ways of being. I take a dynamic approach with the client, believing that active feedback is critical in supporting both learning and the active life of change and growth. I might suggest specific actions to take, fully aware that the client is the decision maker and ultimately the one in charge of his/her life.

I work with individuals, couples and families. I work in partnership with the client, carefully listening to the client's concerns and collaborating on solutions. I believe that every person has the inner resources they require to face any challenge or free themselves from “stuck” places in their lives. Typical concerns I work with include depression, anxiety, trauma, addiction issues, relationship issues, couple and marital issues, work stress, feelings of “stuck-ness”, and worries about the self's movement through life.

I use a variety of therapeutic models dedicated toward solutions and the restoration of hopefulness. These include but are not limited to family systems theory, cognitive-behavioral therapy, holistic approaches (mind, body, spirit & emotions) and humanistic and psychodynamic techniques. Treatment may be short term or long term depending on the nature of the concern.

Education

I am a Licensed Marriage and Family Therapist in the state of Washington. I am a Clinical Member of the American Association For Marriage and Family Therapy. I have a Bachelor of Arts from the University of Washington and a Masters of Arts in Applied Behavioral Science with an emphasis on Systems Counseling from Bastyr University. I have completed several additional trainings at The Haven Institute of Professional Development in British Columbia. For more information about my work please visit my website: www.heatherjohnsoncounseling.com

Confidentiality

Everything we talk about during sessions, even your name and the fact that you are seeing me, is unavailable to anyone without your personal written consent, except for the following specific exceptions:

A. As required by law (RCW 70.02.050):

- 1) when there is threat or risk of self harm, or harm to another person
- 2) when there is “reasonable cause” to suspect abuse or neglect of a child, disabled or elderly person, from anything reported in a counseling session
- 3) when I receive a subpoena from a judge or court

B) Professional consultation: I do regularly consult with colleagues and receive supervision regarding my work with clients. This is customary and standard practice. During these consultations, neither your last name nor unique identifying information will be used.

C) Insurance & Billing: If you are using insurance, be advised that your insurance company may require me to disclose confidential information.

Please refer to HIPPA Notice of Privacy Policy for more information on how your medical information may be used or disclosed.

Social Networking:

I do not accept friend requests from current or former clients on social networking sites due to the fact that these sites can compromise clients' confidentiality and privacy. For the same reason, I request that clients do not communicate with me via any interactive or social networking websites.

Email and Texting:

I prefer using email and texting only to arrange, clarify or modify appointments. Please do not email me content related to your therapy sessions, as email is not completely secure or confidential. If you choose to communicate with me by email, be aware that all emails are retained in the logs of your and my Internet service providers. While it is unlikely that someone will be looking at these logs, they are, in theory, available to be read by the system administrator(s) of the Internet service provider. You should also know that any emails I receive from you and any responses that I send to you become a part of your legal record.

