

Anne van Roden, Licensed Marriage & Family Therapist  
License # LF 60012954  
206-352-7797

### **OFFICE POLICY AND DISCLOSURE STATEMENT**

Welcome! I look forward to working together with you to improve the issues you are seeking to change. Washington State law requires that this document be read and signed by you before therapy begins. If you have any questions or concerns, please talk with me about them.

**Appointments:** Appointments last for 50 minutes, and are usually held once a week.

**Frequency:** Generally, the first 1-2 sessions of 50 minutes each are an assessment of your specific needs and discussing the goals of therapy. At that point, you have more information to decide whether or not you wish to embark upon that course of treatment with me as your therapist, and the pace at which you desire to proceed.

**Fees:** My fee is \$160 per 50-minute session, and payment is to be made at the time of the appointment, generally by keeping a credit card on file. Payment can also be made using cash, check or credit card.

**Insurance:** I do not perform direct billing to insurance companies; however, I will prepare a statement for you to present to your insurance company if you believe that these services might be covered. Please discuss this with me if you think it might be an option for you. As companies and policies vary tremendously in their coverage, it is your responsibility to know what your insurance does or does not cover.

**Cancellation Policy:** The regular fee of \$160 will be charged for all appointments not canceled within 48 hours of the appointed time, if you cannot attend a session.

**Training & Experience:** I am a licensed Marriage & Family Therapist (license # LF 60012954) with the State of Washington. My education includes a B.A. from Dartmouth College and a Master's degree in Marriage and Family Therapy from Seattle Pacific University. I have been a practicing therapist since 2001 working with couples, families, children, groups & individuals. Each year I attend professional trainings, workshops and seminars to receive additional knowledge and training in marriage and family therapy. My clinical focus has been on relationship issues, life transition, and spiritual issues along with working with the gifted population. My work with the gifted population includes addressing anxiety, sensory processing disorders, disorganization, emotional intensities and isolation. I am a clinical member of AAMFT, WAMFT and certified by SENG (supporting emotional needs of the gifted).

#### **Professional Orientation**

My therapeutic work draws from a variety of theoretical orientations, including:

-Lifespan Integration Therapy, which is a gentle, body-based therapy working on rewiring the neural networks through active imagination and the juxtaposition of ego states in time to heal from past traumas and/or neglect. LI allows people to begin responding in age-appropriate ways to current stressors and relationship patterns.

-Emotion Focused Therapy, which uncovers underlying causes for emotional reactions in relationships in order to develop greater understanding and empathy, which can result in real change.

-Family of Origin Therapy, which examines patterns learned while growing up, also working on boundaries to better balance individual and relational needs.

-Internal Family Systems Therapy, which helps you find your center (access your inner wisdom) in ways that enable you to start actually moving towards positive goals in your life.

Techniques include exercises in compassionate listening, mapping internal and external family systems,

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learning improved methods of communication and boundaries, looking both inwardly to discover emotional depths and outwardly to understand inherited patterns of behavior. LI techniques include imaginary returning to earlier childhood states for healing and reprocessing.

**Benefits of Counseling:** One major benefit of counseling may be a resolution of the concerns which you initially brought to therapy. Other possible benefits often include a better ability to cope with interpersonal relationships or other life stressors, a greater understanding of personal goals, increased personal insight, and spiritual growth.

**Risks of Counseling:** I would like to discuss possible risks of counseling in order to help you make an informed decision. You may experience discomfort as increased feelings of anger, grief, depression or frustration initially surface. Relationship work can uncover unexpected information which can significantly alter relationships in unintended ways.

**Termination of Counseling:** You will be in charge of the pace that we precede, and you have the right to refuse or terminate therapy at any time. It is helpful to work together in the process of termination. Bringing closure to the work of therapy can be empowering and very rewarding.

**Responsibilities of Counseling:** One risk of therapy is that it might not, by itself, resolve your concerns. Therapy is a collaborative process between the therapist and the client. Together, we will work to move you forward through the issues which brought you here. I cannot help you improve your situation by my skills and training alone, without your active willingness to change. Together we will regularly assess your progress, and if improvement is not happening to your satisfaction, I will provide a referral to another professional for consultation or treatment. If a problem arises during therapy which is outside the boundaries of my competence, I will refer you to another professional.

**Emergencies:** I cannot provide emergency services. If you believe that you will require emergency treatment on a regular basis, I will refer you to an agency which can provide such services. In the event of an emergency, please contact the Crisis Clinic of King County (24 hours) at 206-461-3222 or call the National Hope Network at 1-800-784-2433.

**Confidentiality:** Confidentiality is a critical foundation to creating a safe and beneficial therapeutic relationship. To those ends, I will keep private all information shared with me, as well as your identity as my client, to the full extent allowed by law unless I have received your written permission to do otherwise. When working with a couple or family, I believe that progress can best be made when there are no family secrets, therefore I do not keep secrets between family members. When working with individuals, I will respect your desires in terms of any communication with family members.

Please be aware that in certain circumstances, I will be required by law to release information to responsible authorities. This is meant to ensure your safety, and the safety of others, and would only occur in unusual circumstances including:

- If I suspect that you are in serious danger of harming yourself or another person.
- if I suspect that a child, teenager, or dependent adult is being abused or neglected.
- if I receive a court order to share specific information with a judge or lawyer.

If I am required to disclose confidential information, due to the above reasons, I will discuss that with you beforehand if at all possible.

**Client Rights:** The state of Washington has a law regulating counselors – The Counselor Credentialing Act. The purpose of this law is: “a) to provide protection for public health and safety; and b) to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.” By law, you have the following rights:

