

Carly Delavan, Licensed Marriage & Family Therapy Associate
License # MG 60820343
206-745-2764

OFFICE POLICY AND DISCLOSURE STATEMENT

Welcome! I look forward to working together with you to resolve 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 \$115 per 50 minute session, and payment is to be made at the time of the appointment, using a credit card on file. Intake appointments are billed for \$130 and last 60 minutes. No charge is made for brief telephone calls, but calls in excess of 15 minutes will be charged the usual hourly rate on a prorated basis.

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 will be charged for all appointments not canceled within 48 hours of the appointed time, if you cannot attend a session.

Training and Experience: I am a licensed Marriage & Family Therapy Associate (license # MG 60820343) with the State of Washington. I received a B.A., a Master's degree in Marriage and Family Therapy, and a Master's degree in Theology, all from Seattle Pacific University. I have two+ years of experience as a therapist working with children, families, groups and individuals. Every year I participate in training and seminars that enhance my knowledge and skills in marriage and family therapy. My clinical interests include children, trauma, grief and loss, LGBTQIA identity development and issues, and spirituality.

Professional Orientation: My therapeutic work draws from a variety of theoretical orientations, including (but not limited to):

- Narrative Therapy, which understands people as separate from their problems, and centers the individual as the expert in their own life. This allows them to gain a different perspective when addressing the problem without placing blame. It seeks to identify values, skills, and knowledge to help the person confront the problem they identify.
- Art and Drama Therapy, which encourages free self-expression through painting, drawing, writing, role-playing, games, and more to aid in personal awareness and processing.
- Dialectical Behavior Therapy, which is a cognitive behavioral therapy that can be done individually or in groups. It develops skills in areas of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness in order to better manage painful emotions and decrease conflict in relationships.

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Techniques include exercises in mindfulness, compassionate listening, mapping internal and external family systems, skill building, learning improved methods of communication and boundary making, creative self-expression, and more.

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. Personal or 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 proceed, 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 any of the above reasons, I will discuss that with you beforehand if at all possible.

