

CS Counseling Disclosure Statement

**Courtney Clem, MA, LMHC
Mental Health Counselor
Bainbridge Island, WA
License #LH60825530**

Therapeutic Approach

I am a licensed mental health counselor on Bainbridge Island. My perspective is largely psychodynamic, meaning we approach your current concerns with an understanding that this moment is also informed by a lifetime of relationships and experiences. We pay attention to the here and now alongside any longstanding feelings, habits, or beliefs that might be interfering with your efforts to change and grow. I view the counseling relationship itself as a conduit for healing and exploration and often use what's happening "in the room" to explore what's happening in the bigger picture of the client's life. My counseling style is direct, genuine and relationship-based. I often use humor and connectedness as tools for healing when appropriate, and I enjoy helping clients develop their own practical tools and skills to live life in a meaningful way. I view counseling as collaborative, where you are the expert in your story and I am here to listen and support.

I most enjoy working with women who are pregnant, have experienced birth trauma, infertility difficulties, postpartum struggles, complex trauma and pregnancy loss; couples who are wanting more for themselves and their marriage; adolescents - there are many pressures that this age group experiences: school, social media, family, athletics, extracurricular and spiritual pressures - all battling within to take precedence. This battle can be stressful; and it is important to address how an adolescent's life is being disrupted and to learn how to navigate these areas with care and understanding.

The length of therapy depends on the various issues that are being explored and the time it takes to pursue your personal goals. I believe that some issues can have a physical component; in such cases, medical consultation could be advised. I will offer referrals for areas of need that are beyond my expertise.

Qualifications

I am a Licensed Mental Health Therapist (#LH60825530) in the state of Washington. I practice under the supervision and in consultation with other Mental Health Counselors. I received my Master of Arts in Counseling Psychology from The Seattle School of Theology and Psychology. I have a BA in Criminal Justice from The University of Delaware.

I have spent several years working with children and adolescents in multiple capacities, from volunteer work at youth centers to counseling positions at agencies. I have also worked with children, adolescents and families within diverse populations in the foster care system providing therapeutic and family preservation services.

I regularly seek consultation from colleagues to discuss your treatment and for the purposes of improving my work with you. All information is shared confidentially and remains so.

Fee and Payment Information

My fee for counseling is currently \$130.00 per 50-minute individual session and \$160.00 per 75-minute couple or family session. If at any time legal services, school observations and/or meetings are requested, I bill my standard rate for time spent fulfilling the request.

Payment should be made at the beginning of each session, unless we agree to arrangements based upon your circumstances. Checks returned NSF will be charged \$25.00. Scheduled appointments become your financial responsibility; you are responsible for payment of sessions unless cancelled at least 24 hours prior to the session. If there is an emergency and you are unable to make your scheduled time as a result, there will be no charge for the missed session. If you are late, I will still stop at our regular ending time in order to keep my schedule, and you will still be required to pay for the entire session. Fees may increase periodically, and thus the fees are subject to change with two weeks prior notification.

A reduced rate is available for a limited number of clients in difficult financial circumstances. If this is the case for you, we can discuss your options and agree to a fee that seems appropriate for both parties.

Insurance

At this time, I do not file insurance claims for you. If your insurance provider will be covering the cost of your counseling, then you need to make arrangements with them to reimburse you directly. You are responsible for obtaining and filling out any appropriate paperwork and submitting it to the insurance company. I will be glad to fill out any part of the form that is necessary, and I am able to offer you invoices for each payment upon request.

Contact Information

You may reach me at courtney.shields@gmail.com or by phone at 425.272.5518. I will reply to email or phone within 24 hours, and I use these methods primarily to communicate for scheduling purposes. Any phone calls 20 minutes or longer will be billed at my standard rate.

Please be aware that although my voicemail and email and video sessions (if we are working in this manner) are confidential and protected as best I am able, there is a greater risk to confidentiality. Please reserve for our inperson time any important therapeutic information. Do not use my voice mail or email for any disclosure of life threatening emergencies. If you cannot reach me immediately, see below.

Communication in the Community

In the event that we run into each other outside of the office, please be aware that I am legally required to protect your confidentiality and will not approach you. You are welcome to say hello, but I will not make it known that I am your counselor.

Emergencies

For emergencies, you may dial **911** or call the Crisis Clinic at **360.479.3033**.

Rights and Responsibilities

I appreciate that you have selected me for these services. Please be aware that your participation in this therapy is voluntary and you may terminate these services at any time without additional cost. You will always maintain the right to select another therapist. You have the right to ask me to review my treatment approach at any time and you may request changes as you deem appropriate. You have the right to review your records and, upon written request may receive a copy at any time.

Counselors practicing counseling for a fee must be registered or certified with the department of health for the protection of the public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment.

The Counselor Credentialing Act regulates counselors in order to provide protection for public health and safety and to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.

Confidentiality

All records kept relating to our sessions together will kept strictly confidential with the following exceptions: 1) I will release information to your physician, attorney, other mental health professional or your insurance if you sign a release of information form, 2) If you present an imminent threat to yourself or another, 3) in cases of suspected abuse to another individual, 4) information shared that suggests the commission of a crime 5) under court order.

Consent

I, _____, have read and agree to the above policy and give my informed consent for services.

Client Signature

Date

Client Signature

Date

Therapist Signature

Date

**REGULATION OF HEALTH PROFESSIONS --
UNIFORM DISCIPLINARY ACT
Unprofessional conduct**

The following conduct, acts, or conditions constitute unprofessional conduct for any license holder or applicant under the jurisdiction of this chapter:

- (1) The commission of any act involving moral turpitude, dishonesty, or corruption relating to the practice of the person's profession, whether the act constitutes a crime or not. If the act constitutes a crime, conviction in a criminal proceeding is not a condition precedent to disciplinary action. Upon such a conviction, however, the judgment and sentence is conclusive evidence at the ensuing disciplinary hearing of the guilt of the license holder or applicant of the crime described in the indictment or information, and of the person's violation of the statute on which it is based. For the purposes of this section, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for the conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RCW;
- (2) Misrepresentation or concealment of a material fact in obtaining a license or in reinstatement thereof;
- (3) All advertising which is false, fraudulent, or misleading;
- (4) Incompetence, negligence, or malpractice which results in injury to a patient or which creates an unreasonable risk that a patient may be harmed. The use of a nontraditional treatment by itself shall not constitute unprofessional conduct, provided that it does not result in injury to a patient or create an unreasonable risk that a patient may be harmed;
- (5) Suspension, revocation, or restriction of the individual's license to practice any health care profession by competent authority in any state, federal, or foreign jurisdiction, a certified copy of the order, stipulation, or agreement being conclusive evidence of the revocation, suspension, or restriction;
- (6) The possession, use, prescription for use, or distribution of controlled substances or legend drugs in any way other than for legitimate or therapeutic purposes, diversion of controlled substances or legend drugs, the violation of any drug law, or prescribing controlled substances for oneself;
- (7) Violation of any state or federal statute or administrative rule regulating the profession in question, including any statute or rule defining or establishing standards of patient care or professional conduct or practice;
- (8) Failure to cooperate with the disciplining authority by:
 - (a) Not furnishing any papers or documents;
 - (b) Not furnishing in writing a full and complete explanation covering the matter contained in the complaint filed with the disciplining authority;
 - (c) Not responding to subpoenas issued by the disciplining authority, whether or not the recipient of the subpoena is the accused in the proceeding; or
 - (d) Not providing reasonable and timely access for authorized representatives of the disciplining authority seeking to perform practice reviews at facilities utilized by the

license holder;

- (9) Failure to comply with an order issued by the disciplining authority or a stipulation for informal disposition entered into with the disciplining authority;
- (10) Aiding or abetting an unlicensed person to practice when a license is required;
- (11) Violations of rules established by any health agency;
- (12) Practice beyond the scope of practice as defined by law or rule;
- (13) Misrepresentation or fraud in any aspect of the conduct of the business or profession;
- (14) Failure to adequately supervise auxiliary staff to the extent that the consumer's health or safety is at risk;
- (15) Engaging in a profession involving contact with the public while suffering from a contagious or infectious disease involving serious risk to public health;
- (16) Promotion for personal gain of any unnecessary or inefficacious drug, device, treatment, procedure, or service;
- (17) Conviction of any gross misdemeanor or felony relating to the practice of the person's profession. For the purposes of this subsection, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RCW;
- (18) The procuring, or aiding or abetting in procuring, a criminal abortion;
- (19) The offering, undertaking, or agreeing to cure or treat disease by a secret method, procedure, treatment, or medicine, or the treating, operating, or prescribing for any health condition by a method, means, or procedure which the licensee refuses to divulge upon demand of the disciplining authority;
- (20) The willful betrayal of a practitioner-patient privilege as recognized by law;
- (21) Violation of chapter 19.68 RCW;
- (22) Interference with an investigation or disciplinary proceeding by willful misrepresentation of facts before the disciplining authority or its authorized representative, or by the use of threats or harassment against any patient or witness to prevent them from providing evidence in a disciplinary proceeding or any other legal action, or by the use of financial inducements to any patient or witness to prevent or attempt to prevent him or her from providing evidence in a disciplinary proceeding;
- (23) Current misuse of:
 - (a) Alcohol;
 - (b) Controlled substances; or
 - (c) Legend drugs;
- (24) Abuse of a client or patient or sexual contact with a client or patient;
- (25) Acceptance of more than a nominal gratuity, hospitality, or subsidy offered by a representative or vendor of medical or health-related products or services intended for patients,

in contemplation of a sale or for use in research publishable in professional journals, where a conflict of interest is presented, as defined by rules of the disciplining authority, in consultation with the department, based on recognized professional ethical standards.

Complaints concerning any of the above information should be directed to:

Department of Health
1112 SE Quince Street
PO BOX 47890
Olympia, Washington 98504-7890
DOH Consumer Hotline - (800) 525-0127
Health Profession Licensing - (360) 236 - 4700