

# CONSCIOUS CHOICES COUNSELING

1220 S. 356<sup>th</sup> St. #C13  
Federal Way, WA. 98003  
www.TherapyWorks.ws

(253) 874-6528

---

---

## *DISCLOSURE AND CONFIDENTIALITY STATEMENT - Nancy Paul, M.A., L.MFT, L.MHC*

Washington State law requires that all mental health professionals present to new clients a disclosure statement that specifies the therapist's background, experience, theoretical orientation, and approach to services. This disclosure statement is intended to help you become a more informed consumer about these aspects of my clinical practice. The Washington State Dept. of Health oversees mental health care and can be contacted at (360) 236 4901.

Washington State Certification #s:        L.MFT LF00001005     &     L.MHC LH00004088

My educational background includes 2 years at Boston University and 3 years at Northeastern University in Boston, from which I received my Bachelor's degree. My Master's degree, specializing in Couples and Family therapy was earned at Antioch University in Seattle in 1990. I am a Washington State Licensed Marriage and Family therapist and Mental Health Therapist, a Child Mental Health Specialist, and a clinical member of The American Association of Marriage and Family Therapy. My practice involves working with individuals, couples, families, and groups.

### PHILOSOPHY:

I believe that individuals have an innate sense of what they want in life. However, sometimes barriers arise in achieving these goals. I view my role as assisting clients to remove the barriers that stand in their way.

The therapy process revolves around exploring events, issues, and memories as you remember them. As a therapist I can only attest to the accuracy of events if I have witnessed them personally.

### METHOD:

My background is in Family Systems Therapy, meaning that I view problems and relationships within their larger context. Since no two people view the world in the same way I have learned many techniques and theories. In this way I can tailor a treatment plan that is uniquely designed for each individual. My counseling style, while empathetic, tends to be very direct. I strive to offer concrete methods for coping with life's difficulties. In addition to traditional therapies I work with innovative mental health techniques such as EMDR, Healing from the Body Level Up (HBLU), and Neuro Linguistic Programming (NLP). EMDR and HBLU are considered to be experimental. Please ask for more information if you are interested.

### AREAS OF EXPERTISE:

Family and relationship counseling, chemical dependency, attention deficit (child & adult), sexual abuse, trauma, panic attacks, depression/anxiety, post traumatic stress disorder (PTSD).

### LENGTH OF TREATMENT:

Length of treatment will vary according to the nature of your difficulties. Some treatment is very brief (several sessions) and sometimes it lasts for an extended period of time. Average length of treatment is generally 6 to 12 sessions. By the end of our first session I will discuss an initial treatment plan with you however it will take more than one session to more fully determine the nature of the difficulties you are experiencing. I generally suggest that we agree to meet for four sessions and then decide on a more detailed treatment approach that makes the most sense to both of us. In my experience, accompanying education accelerates the therapy process. I frequently *suggest* homework assignments, or books to read.

### CONFIDENTIALITY AND CLIENT RIGHTS:

As a client, you can raise questions about my therapeutic approach or request a referral if you believe you might make more progress with another therapist. I will be glad to discuss these matters with you and refer you to another therapist at your request.

You have the right to confidentiality. I am ethically bound not to release any information to anyone without your written permission. The only exceptions are consultations with other clinicians, or as required by Washington state or Federal law i.e. If I suspect you are involved in child or elder abuse, you are a danger to yourself

or others, are unable to meet your own basic needs in taking care of yourself, medical emergency, communication with your insurance carrier concerning billing/ authorization procedures/ audits, if your records are subpoenaed, or in collection of past due accounts. As of April 14, 2003 new HIPPA laws allow the Dept. of Health and Human Services to have access to all medical records. If information is authorized to be released by you to any other person or professional please be aware that this information becomes part of their permanent file and may be then be shared with others according to their policies and procedures.

If you are in couple's or family counseling and there should be occasion to see you separately it is my policy, unless otherwise agreed upon, not to withhold information from your partner that is obtained in individual sessions **IF IT IMPEDES THE THERAPEUTIC PROCESS.** If there is something that does need to be brought out in the open, I will find a way to help you tell your partner rather than to tell them myself.

Confidentiality is also somewhat at risk during telephone contact and correspondence. If I have occasion to call you or have correspondence I give minimal identifying information. **If you wish to restrict the ways in which I may contact you during the normal course of business please be sure to inform me in contact notes below.**

CONTACT NOTES: \_\_\_\_\_

#### EMERGENCIES:

If you have an emergency I will schedule and appointment with you within 1 business day. I check my voice mail daily on non business days and will return emergency calls. Non emergency calls will be returned during the business week. If you cannot reach me call your local Crisis Line or 911.

#### SCHEDULING & FEES:

Individual sessions are 45-50 minutes long; the remainder of the hourly session is used for record keeping. Payment is due at the time of the session. Since regularly keeping appointments is essential to effective therapy, I emphasize the importance of attending all scheduled sessions. If for some reason you are unable to keep a scheduled appointment, **I REQUIRE 24 HOURS ADVANCE NOTICE OR YOU WILL BE CHARGED THE FULL (\$125) FEE FOR THE SESSION.** If you schedule an appointment with me you are, in essence, purchasing this block of time, whether or not you choose to use it. Without adequate notice I do not have time to "sell" this time slot to anyone else therefore I must charge the fee to you. If for any reason there is occasion to bill for services, a charge of \$15/month will accrue for any late payments. Refusal to pay for services will result in accounts being turned over for collection

#### USE OF INSURANCE BENEFITS:

The purpose of this information is to help you, as the consumer of mental health services, make an informed choice when considering the use of insurance benefits. Each insurance company may have slightly differing policies and I encourage you to read your policy carefully or contact your insurance representative to see which of the following requirements apply to you.

The first requirement is that the client must have a written diagnosis. These diagnoses are listed in a diagnostic manual available to mental health practitioners. This diagnosis will become a part of your permanent medical record. It is my policy to review my diagnosis with each client and discuss the pros and cons of this appearing as part of your record. For example, insurance companies share claim information with each other through the Medical Information Board. This is the equivalent of a credit report except instead of financial information it contains all of your medical information. Some insurance carriers will not cover a pre-existing condition. In some cases a diagnosis could affect your ability to switch to a new insurance company or purchase life insurance. When making a diagnosis I will make the most accurate assessment possible and represent it truthfully. If you wish to find out more about what is reported in your medical history you can contact the Medical Information Board at (617) 426-3660 POB 105 Essex Station, Boston, MA, 02112.

Most insurance companies require access to all records and case notes upon request. This is generally part of your contract with them. Managed care plans will assign a case manager to monitor treatment from beginning to end. This involves sending treatment updates in order to get authorization for services. The purpose of these requirements is to insure that subscribers are receiving quality service. The down side to this is that you are losing a certain amount of your right to confidentiality.

Most insurance companies make no prior commitment to pay claims. They reserve the right to make payment decisions at the time the claim is received. Although this happens infrequently, they do have the right to deny the claim after services have been delivered. In this case you are responsible for all fees incurred.

Additionally, **INSURANCE COMPANIES WILL NOT COVER THE COST OF MISSED SESSIONS. I REQUIRE 24 HOURS ADVANCE NOTICE FOR CANCELLATION OF SESSIONS. IF YOU MISS A SESSION**



