

## **Disclosure Statement**

I am a Washington State Mental Health Counselor Associate # MC60165429. I hold a Bachelor of Social Work degree from Miami University, and a Masters of Arts in Counseling Psychology from Mars Hill Graduate School. I am receiving supervision at Seattle Pacific University from Steven A. Maybell, Ph. D., LMFT, LISW. My training is in psychotherapy to individuals, couples, and groups with a concentration in Eating Disorder Treatment.

### **Therapeutic Orientation**

Although I appreciate a variety of therapeutic orientations, I most closely align myself with a psychodynamic relational therapeutic approach. It is my belief that our core desire is for relationship and it is within the context of relationship that we can heal. Relationships deeply form us and often, the roots of our unrest are discovered in how we relate to ourselves and others. Within the therapeutic relationship I will seek to develop a relationship that unfolds the ways the client relates to themselves and others. In my opinion, therapy offers a medium where ways of relating can be explored and re-imagined through the therapist client relationship. The hope is for both parties in the therapeutic relationship to be open, real and vulnerable to the effects that humans have on us, including the human that is sitting across from you. Relational psychotherapy offers presence rather than analysis, empathy rather than sympathy, and the face of another human being, rather than the face of a detached professional.

### **Fees**

The fee for counseling is \$90.00 per 50-minute session. I also offer a sliding scale to those in need. If you would like to discuss your need for a different fee, please let me know. I currently do not accept insurance. Payments (cash or check) are to be made at the beginning of each session. A \$25 fee will be charged for returned checks. Unpaid balances incur the maximum finance charge allowed by law after 30 days. Outstanding balances may be sent to a collection agency.

### **Missed Appointments**

In the event that you are unable to keep an appointment, please notify me via phone a minimum of 24 hours in advance. **If you miss your appointment for whatever reason and fail to give me adequate notice, you will be responsible for the full fee for the 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. In the event of a missed appointment, the bill will reflect a late cancellation instead of a clinical session. If I have an emergency, I will notify you as soon as possible of my need to reschedule our appointment.

### **Confidentiality**

There is a legal privilege in the state of Washington protecting the confidentiality of the information that you share with me. As a professional, **I can assure you that I strive to maintain the strictest ethical standards of confidentiality.** This confidentiality has the following exceptions provided by law:

- a) In the event of a medical emergency, emergency personnel or services may be given necessary information.
- b) In the event of a threat to harm oneself or someone else, if that threat is perceived to be serious, the proper individuals must be contacted. This may include the individual against whom the threat is made.
- c) In the event of suspected child or elder abuse, the proper authorities must be contacted. The actions do not have to be witnessed to be reported.
- d) If ordered by a judge or other judicial officers, information regarding the client's treatment must be disclosed.
- e) If the client brings a complaint against me with the State of Washington, Department of Health, client information will be released.
- f) If an attorney in the State of Washington subpoenas records, they will be released unless the client files a Protection Order within 14 days of the subpoena.
- g) In the event of the client's death or disability, information may be released if the client's personal representative or

the beneficiary of an insurance policy on the client's life signs a release authorizing disclosure.

h) In the event the client reveals the contemplation or commission of a crime or harmful act, the therapist may release that information to the appropriate authorities.

i) In the case of a client who is a minor, information indicating that the client was the victim of a crime may be released to the proper authorities.

The client understands and agrees that the therapist's working notes are not considered part of the clinical record and will not be released to the client or to any other persons, agencies, or organizations under any circumstances. The client understands and agrees that any records obtained from other therapists, agencies, or institutions also will not be released by the therapist under any circumstances. The therapist will respond to any court order for records by providing only the dates of treatment or contacts with the client and a general summary of psychotherapy/counseling activity.

The therapist will have broad discretion to release any information he deems relevant in situations where he believes the client or others to be at risk of physical harm, physical or sexual abuse, molestation, or severe neglect.

Each client has the right to refuse treatment at any time.

**Emergencies:** If you are in crisis please call the Crisis Clinic of Seattle (open 24 hours) at 866.4.CRISIS, call 911, or go to your nearest emergency room.

*By signing below, I acknowledge that I have read and understand the policies described above.*

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Stefani Shaffer, MA

\_\_\_\_\_  
Date

**The following statement is required by law per WAC 246-810-031:**

Counselors practicing counseling for a fee must be registered or licensed with the department of health for the protection of the public health and safety. Registration or licensure of an individual with the department does not include recognition of any practice standards, nor necessarily implies the effectiveness of any treatment. The purpose of the Counselor Credentialing Act, chapter 18.19 RCW, the law regulating counselors is: (1) To provide protection for public health and safety; and (2) to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.

Clients have the right to choose counselors who best suit their needs and purposes.

We want you to know that there are acts that would be considered unprofessional conduct if engaged in by any counselor. If any of the following situations occur during your course of treatment, you are encouraged to contact the Department of Health at the address or phone number at the end of this document to find out how to file a complaint against the offending counselor. The following situations are not identified to alarm you, but are identified so you can be an informed consumer of counseling services. The conduct, acts, or conditions listed below give you a general idea of the kinds of behavior that could be considered a violation of law as defined in RCW 18.130.180.

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;
1. Misrepresentation or concealment of a material fact in obtaining a license or in reinstatement thereof;
  1. All advertising which is false, fraudulent, or misleading;
  1. 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 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;
  1. 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;
  1. 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;
  1. 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;
  1. 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 proceedings; 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;
  1. Failure to comply with an order issued by the disciplining authority or a stipulation for informal disposition entered into with the disciplining authority;
  2. Aiding or abetting an unlicensed person to practice when a license is required;
  3. Violations of rules established by any health agency;
  4. Practice beyond the scope of practice as defined by law or rule;
  5. Misrepresentation or fraud in any aspect of the conduct of the business or profession;
  6. Failure to adequately supervise auxiliary staff to the extent that the consumer's health or safety is at risk;
  7. Engaging in a profession involving contact with the public while suffering from a contagious or infectious disease involving serious risk to public health;
  8. Promotion for personal gain of any unnecessary or inefficacious drug, device, treatment, procedure, or service;
  9. 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 9.96 RCW;
  10. The procuring, or aiding or abetting in procuring, a criminal abortion;
  11. 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;
  12. The willful betrayal of a practitioner-patient privilege as recognized by law;
  13. Violation of chapter 19.68 RCW;
  14. 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;
  15. Current misuse of:
    - a. Alcohol;
    - b. Controlled substances; or
    - c. Legend drugs
  1. Abuse of a client or patient or sexual contact with a client or patient;
  2. 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.

**If you suspect that my conduct has been unprofessional in any way, please contact the Department of Health at the following address and phone number:**

**Department of Health, Counselor Programs  
P.O. Box 47869  
Olympia, WA 98504-7869  
360.664.9098**