COUNSELING WEST SEATTLE

Stefani Morris, Psy.D., LMHCA
Licensed Mental Health Counselor Associate
Individual, Child, And Family Therapy
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DISCLOSURE STATEMENT

Thank you for choosing Counseling West Seattle for services. The following disclosure is for Stefani Morris and is provided to help you determine if her service as a therapist match your needs as a client. It contains information about therapeutic philosophy, education, fees and your rights as a client. Please read the following and ask any questions that would help you determine whether working with her would be a good choice for you.

INTRODUCTION

My name is Stefani Morris and I am currently a Licensed Mental Health Counselor Associate (MC60983919) in the state of Washington and will be under the supervision of the Clinical Director, Toni Napoli, MA, LMHC while I pursue independent licensure in the state of Washington. I earned my BA in psychology from University of Puget Sound in 2012 and my doctorate degree from Midwestern University, Glendale campus in 2017. I am passionate about working with children, adolescents, young adults, and families, but also have experience with older adults.

TREATMENT PHILOSOPHY

In my sessions I attempt to meet my clients where they are at using various supportive and cognitive behavioral approaches. This means that my style of therapy primarily focuses on the role one's thoughts, behaviors, and emotions interact to impact their mental health. I try to help clients identify and change distorted, and often irrational, thoughts that can effect their behavior and emotions. We may also look to change behaviors that are nonproductive and self-defeating in nature. Therapy will often involve me challenging one's perceptions and beliefs and discussing alternative ideas, explanations, and frames of reference.

I attempt to provide therapy that is open, supportive, and empathic. I tend to utilize flexible and empirically supported treatment approaches in order to meet my clients where they are at, as I know that cognitive behavioral techniques are not always the best fit for everyone or every situation. I may use other techniques, such as relaxation techniques, stress management skills, Dialectical Behavioral Therapy, behavior management techniques, or art therapy. When working with the younger population much of my interventions tend to align with play therapy techniques. Unique and individualized goals are set for each of my clients and through a collaborative process between my clients and myself I hope to help them attain those goals.

APPOINTMENT AND FEES

Therapy sessions are scheduled as follows: Intakes of 60-75 minutes at $175.00 and ongoing Regular Sessions of 50-60 minute at $150.00. I will notify you if I have to cancel or change appointments with 24 hours notice unless an emergency. **If you are unable to keep your appointment for any reason, please contact Stefani Morris via email at doctorstefanimorris@gmail.com or via telephone at 206-249-7768, you must give at least 24 hours advance notice, or you will be charged the full amount.** Please be aware that insurance companies do not reimburse for missed sessions. Payment is due at the time of service.

Occasionally I find it necessary to increase my fee. If this occurs during the client's treatment, he/she will be given a one month notice prior to the increase. If the client has any question regarding payments, I encourage him/her to ask.

INSURANCE INFO

It is the member's responsibility to discover benefits prior to services. The contact number and/or website address are on the back side of your insurance card. Every insurance plan is unique, therefore when you contact member services you will want to ask specifically for outpatient mental health benefits, in network and/or out of network, number of visits allowed, annual deductible, and co-payment and/or co-insurance amounts, if applicable. On the second visit, if the client does not have the insurance information including the co-payment or deductible amount, a retainer fee of $150 will be collected. This amount will be used for co-payment or deductible or will be refunded to the client.

CONFIDENTIALITY

I treat information exchanged between us as confidential. There are certain circumstances; however, under which information may be released. I may release such information when you provide me with a written RELEASE OF INFORMATION. I may also release information to a health care provider or insurance company who is providing treatment to you if that person needs to know that information. Under law, however, I am also required to release confidential information without your consent in special cases such as: suspected child or elder abuse; potential suicidal behavior by you; or threats of harm to another person. In addition, in certain select circumstances, my records are subject to subpoena and I may be required to release information without your consent.

CLIENT RECORD:

I do keep brief, written records of your treatment and the services that I provide to you. Under law, you may ask me to see and copy that record. You may ask me to correct the record, I will not disclose your records to others unless you direct me to do so or unless the law authorizes or compels me to do so. If you request records or written information to be released there will be a fee of $50.00 for paperwork and time spent.

YOUR LEGAL PROTECTION

You have the right both to receive appropriate care and treatment, and to refuse any proposed treatment. The State of Washington has asked all therapists to convey the following information to their clients: "Counselors practicing counseling for a fee must be registered or licensed with the department of licensing for the protection of public health and safety. Registration of an individual with the department does not include recognition of any practice standards, nor necessarily implies the effectiveness of any treatment."

CRISES

If you or your child is having a mental health crisis that **DOES NOT** REPRESENT A SERIOUS THREAT TO YOU OR YOUR CHILD'S PERSONAL SAFETY OR THE SAFETY OF OTHERS, leave a message and I'll call back as soon as possible. I check my voice mail frequently. If unable to reach me in person during a crisis, a call may be made to the Crisis Clinic's 24 hour hot line at 206-461-3222 or you may choose to go to the emergency room of a local hospital if appropriate. For any mental health crisis that **DOES** REPRESENT A SERIOUS THREAT TO YOU OR YOUR CHILD'S PERSONAL SAFETY OR THE SAFETY OF OTHERS call 911.