

Jenna Patterson, M.S., LMFT, CDP
Reflections Counseling

License# LF60780219

Phone: 425-209-8216

When people enter into any kind of relationship in which services are exchanged, it is a good idea to be clear about each person's rights and responsibilities. My hope is to use this document as a way to introduce myself and explain about psychotherapy. This is an agreement of sorts. This agreement tells you what you can expect of me and what I can expect of you. Please read it carefully and be sure to ask me to explain anything you do not understand or that you have concerns about.

My Background and Approach

I am a licensed marriage and family therapist in Washington State (License #LF60780219). I received my Master's degree in Marriage and Family Therapy at Seattle Pacific University in Seattle Washington. I also have a Bachelor's degree in Psychology from Seattle Pacific University and a Certificate in Alcohol and Drug Counseling from Bellevue College. Since receiving my Master's degree, I have received continuing education, case consultation, and supervision in several areas.

I have been in the counseling field since 2010. My clients include adults, adolescents, and children. I have been trained in and provide individual, couples, family, and group therapy. My experiences prior to Reflections Counseling include working in an outpatient chemical dependency agency conducting both individual and group therapy sessions related to recovery and working as a mental health and substance abuse therapist at a local youth agency. I am a licensed chemical dependency counselor.

As a marriage and family therapist, I view each individual's problems in the context of their life and relationships. My approach to therapy is best described as relational and client-centered. I may assign homework to be completed between sessions. When appropriate, I use assessment tools and questionnaires to gather additional information. I provide therapeutic services to individuals and couples whose interests are personal growth and development, relationship enhancement, individual and career transitions. I enjoy working with families and individuals struggling with addiction and conflictual relationships.

I do not promise any particular outcome of treatment. However, I promise to use my best efforts and to perform all of my services for you in a professionally competent manner. The length of treatment varies; this hinges on such factors as the severity and duration of the problem as well as the motivation and cooperation of the individual. You may want me to outline a proposed course of treatment. If this is important to you, let me know. In general, however, I find that it is not always helpful to try to figure out in advance where we are headed, since therapy in its very nature is a process of discovery. If you have questions about my therapeutic approach, please ask me.

Your Rights and Participation

Clients have the right to request a change in counseling approach, referral to another counselor, or termination of therapy at any time. Your engagement in this is entirely voluntary, and you may choose to participate or not. As a marriage and family therapist, I am accountable for my work with you. If you have any concerns about the course of treatment, please discuss them with me. If you determine I cannot help you, you may seek out another therapist or you can ask me to help you find one. Should you feel that I have been unethical or unprofessional you may contact the Department of Health for information about the legality of healthcare practices. The Department of Health can be contacted at 360-236-4700 or www.doh.wa.gov.

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Appointments, Fees, and Cancellation Policies

My fee is \$120.00 per clinical hour. As the client you are responsible for your account and are expected to pay for all services received via cash, check, or credit card. I will bill your insurance directly for those companies I am contracted with. If letters/reports need to be provided to an outside source such as a lawyer, the court system, etc., you will be charged for this service at an hourly rate of \$120.00 per hour. If there are unusual circumstances I am open to discussing this with you. In certain circumstances a sliding scale fee may be negotiated. Documentation can be provided for out-of-network insurance reimbursement; it is your responsibility to check benefits and eligibility prior to our first appointment.

Individual appointments are typically 50 and 55 minutes in length. It is important to be on time because your appointment will not be extended beyond the schedule time as a result of your late arrival. Your appointment is held exclusively for you. If you are unable to keep your appointment for any reason, you must give me at least 24 hours advance notice; otherwise you will be charged a \$60 fee for the time I have reserved for you. After two missed sessions in a row without cancellation we may review whether or not to continue therapy. Exceptions in the event of an emergency or unavoidable circumstances such as sudden illness or accident will be discussed. If this occurs, please call as soon as you can. My voice mail will take your calls any time. If you need assistance before I can be reached, you can call the Crisis Clinic at (206) 461-3222, which is open 24 hours.

Confidentiality

In general, whatever is said during your sessions with me is held in strict confidentiality, meaning I will not discuss you or our work with anyone else except in my own confidential professional consultation. I believe that in order for therapy to be the most beneficial we need to have clear, open, and honest communication. As my client it is you rather than me who determines whether information shared in our sessions can be released to others. You do this by signing a release of information form that I will provide, if and when you wish me to discuss our work with another person (e.g. your physician, school counselor, previous therapist).

There are some exceptions to confidentiality. State law requires that professional counselors must respond protectively by notifying the appropriate authorities if we are informed of the physical or sexual abuse of a child, a disabled person, or an elderly adult. State law requires me to report knowledge of a client's serious threat or intent to harm self or others, or inability to care for oneself. I am also required by law to release records of our sessions to the court and/or testify if court ordered. In instances where I am required to take such action, I strive to carry out this responsibility in a way that promotes the best therapy for my clients.

The rules of confidentiality can on rare occasions create dilemmas. For instance, say that perhaps during therapy you tell me you have a new friend, or romantic partner or boss, and it turns out that at one point that person was a client of mine. Despite my desire to be open with you, I cannot tell you that I know him or her, because I would be breaking the confidentiality of my work with that person. If you have any questions about confidentiality, please discuss them with me.

Professional Consultation

In order to provide the best service to my clients, I often seek professional consultation from Suzi Mohn, M.A., LMFT of New Beginnings Counseling. Additionally, I often consult with my colleague, Jim Morley, M.A., LMHC, CDP. These individuals are bound to the same standards of confidentiality that I am.

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Please sign below indicating you have read this statement. Thank you and I look forward to working with you.

I have read the office policy and disclosure statement and understand the above information:

Client Signature

Date

Jenna Patterson, M.S., LMFT, CDP

Date