303-999-1364

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**Katherine Ward, LCSW**

*Psychotherapy/EMDR*

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Boulder, CO 80304

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**DISCLOSURE STATEMENT**

 Under Colorado law, the following information must be communicated to you as you consider entering into a therapeutic relationship with me:

**My Credentials**

I am a Licensed Clinical Social Worker (LCSW) with 25 years of clinical experience. I received my Masters in Social Work from the Smith College School for Social Work, followed by postgraduate clinical training at Georgetown University. I also hold a J.D. from the Yale Law School, and practiced family law before entering the field of psychotherapy.

**My Background and Approach to Psychotherapy**

My training at Smith was in psychodynamic, insight-oriented therapy, with a particular emphasis on Object Relations and Self Psychology. Since leaving Smith, I have been trained in EMDR and have used this technique extensively. I also use guided imagery and mindfulness principles in my practice. I believe strongly in the power of psychotherapy; it is a process that involves exploring the deep, unconscious and conditioned patterns that tend to complicate our lives and interfere with our most treasured relationships. These patterns almost always arise out of painful or traumatic experiences; in general, the older the experience the more tenacious and unconscious the pattern. I have found EMDR very effective in clearing past trauma and releasing blocked emotional energy that is then free to flow in healthier directions. I have also trained in Mindfulness Based Stress Reduction and Mindful Self-Compassion, which provide important tools for self-regulation and for rewiring our brains and nervous systems. Through the process of psychotherapy, our burdens lighten, our understanding and compassion for self and others deepens, and our ability to live a joyful and fulfilled life expands. At the same time, we develop essential tools for self-care that help us to meet the challenges of our day-to-day lives.

**Important Information About My Practice**

1. I provide non-emergency psychotherapeutic services by scheduled appointment. If you need to speak with me urgently, you can reach me on my cell phone (303-999-1364). If you cannot reach me at this number and you are experiencing a mental health crisis, you can contact the Boulder Community Hospital’s 24-hour crisis line at 303-447-1665. In cases of acute emergency, you should call 911 or go to your nearest emergency room.
2. I am a preferred provider for a handful of insurance companies. If you are utilizing me as a preferred provider, you are responsible for a co-pay and I submit directly to your insurance for the remainder of the fee.
3. My regular, private-pay fee is $130, however, I do offer a sliding scale based upon your financial circumstances.
4. 24 hours’ notice is required for cancellation and rescheduling of appointments. Exceptions will be made in cases of illness or extenuating circumstances.
5. The usual length of session is 55 -60 minutes. I try to schedule appointments so that you will not have to wait, however, there may be instances where I have to deal with an acute situation and end up running late. I appreciate your patience in these cases.
6. I typically charge you for sessions on a monthly basis, but you may also choose to pay at the conclusion of each session. A receipt of payment will be provided. You may pay using a check, PayPal, Venmo or credit card, including cards associated with any health savings account you may have.

**Regulation of My Practice**

The Colorado Department of Regulatory Agencies has general responsibility for regulating psychotherapists. The agency within the department specifically regulating Licensed Clinical Social Workers is the State Board of Social Work Examiners, located at 1560 Broadway, Suite 1350, Denver, CO 80202. You can contact the Board via their website, http://www.dora.state.co.us/mental-health/sw/index.htm, or by telephone at 303-894-7800.

**Your Rights as a Client**

1. You are entitled to receive information from me about my methods of therapy, the techniques I use, the expected duration of therapy, and my fee structure. Please ask if any of this information is not made clear to you.
2. You are entitled to seek a second opinion from another therapist or terminate therapy at any time.
3. If I believe your psychotherapeutic concerns fall outside of my usual scope of practice, I am legally required to seek special consultation/supervision in treating you or I must refer you to a qualified therapist.
4. In general, the information provided by and to you in the course of therapy is legally confidential, and I cannot be forced to disclose information without your consent. Exceptions to this rule include: a) intent to harm yourself or others, b) suspected abuse or neglect of children, the elderly, or others unable to care for themselves, c) subpoenaed testimony in criminal cases, and d) orders to violate the confidentiality privilege issued by a judge in civil cases.
5. In a relationship with a trusted professional, sexual intimacy is never appropriate and should be reported immediately to the responsible regulatory board.