

MY QUALIFICATIONS AND APPROACH AS A PSYCHOLOGIST, AND YOUR RIGHTS AND RESPONSIBILITIES AS A CLIENT

MY QUALIFICATIONS:

I am licensed as a psychologist by the State of Washington. In order to become licensed one must complete a **doctoral degree** in psychology from an accredited university, including courses in learning, motivation, personality theory, human development, and social and biological bases of behavior. After taking several psychology courses at Harvard College, I obtained my doctoral training at Boston University, receiving the Ed.D. in Counseling Psychology in 1980.

To obtain the license one is also required to complete **predoctoral and postdoctoral supervised clinical training**. My predoctoral training was as a clinical staff member at a mental health center, a health clinic and a high school in the Boston area . My post-doctoral training was at Seattle Mental Health Institute, where I served as Supervisor of Emergency Services and worked in a day treatment program with young adults and their families.

Finally, to become licensed one must pass a national **written examination, and an oral examination** given by the Washington State Examining Board of Psychology. I passed these examinations and received the license in 1981, and have updated my knowledge and skills regularly since then through continuing education, as is required by law for periodic license renewal. I subscribe to the Code of Ethics and professional standards of the American Psychological Association, of which I have been a member since 1979.

MY APPROACH TO PSYCHOTHERAPY:

I first seek to understand you as a unique person, with your individual history, and your strengths as well as problem areas. Then we make a plan together, based on what changes you want to make. Having been trained in a wide range of approaches to psychotherapy, I am comfortable working with you on changing feelings, thoughts, attitudes, behaviors or relationships which are unproductive or which cause you distress.

History taking, initial problem-assessment and formulating a plan of approach with you usually takes the first two to four sessions. After that, our work together may last from a few weeks to a few years, depending on the nature of the problems you want help with and the amount of change you want to make in your life. Termination is usually by mutual agreement, after the problems for which you sought help have been alleviated.

Psychotherapy is a team effort, requiring active participation by both or all of us. In psychotherapy there is no guarantee that any specific goal will be achieved. You can best help to make our work successful by being as honest and open with me as possible, about your feelings and experiences, and also about how you feel our work is going.

I have had a general psychotherapy practice since 1982, working with children, adolescents, and adults of all ages with a wide range of problems. Some areas in which I have special training and expertise are:

-) dealing with **stress, anxiety and depression**,
-) work with **couples, families and teens**,
-) **grief and loss work**, including **infertility, pregnancy loss, and death of a child**.
-) I have received advanced training in **EMDR** - a special treatment for quickly resolving "stuck" feelings and beliefs stemming from painful experiences.
-) The American Society of Clinical Hypnosis has awarded me its highest professional certification of Approved Consultant in **clinical hypnosis** - a very effective technique for changing problematic attitudes and habits, and mobilizing the body's healing resources.

YOUR RIGHTS AND RESPONSIBILITIES:

You have the right and the responsibility to be an informed consumer. This means seeking out a therapist and a psychotherapy approach with which you feel comfortable, and asking enough questions to feel confident of both. For example, you have the right and responsibility to question any aspect of our work which you do not understand or with which you do not feel comfortable, and if you are still dissatisfied, to request a change in treatment approach, or to change therapists. I will be glad to give you names of other qualified therapists, if you wish. If you are planning to end our work, I ask that you give us one full session to discuss this, so that we may clarify your reasons, review our work, do some future planning, and say goodbye to each other.

I keep a record of the psychological services I provide to you. You may ask to see that record, to obtain a copy of it, and to correct it. You may request that minimal records be kept (this requires a prior written agreement between us). If you anticipate requesting that the record be released to a third party or that I testify on your behalf - such as for legal or insurance purposes - please tell me as far ahead as possible so we may plan accordingly.

QUESTIONS AND COMPLAINTS:

If you wish to confirm that a particular therapist is a licensed psychologist, or if you have a concern or complaint about a psychologist, you may write to: Department of Health, Health Professions Quality Assurance, 310 Israel Road, Tumwater, WA 98501, or telephone (360) 236-4700, or visit the DOH website at www.doh.wa.gov.

