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Washington State Licensed Mental Health Counselor

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National Board Certified Counselor #30491

Counseling and Psychotherapy

Therapeutic Approach: In my practice of psychotherapy, I do both brief and long term work with adults and adolescents, individuals, and couples. The purpose of therapy is to create a space for you to take a look at the inner and outer workings of your life. Therapy is a place to explore and expand your view of yourself so that you can become more of who you truly are.

Often clients find that there are areas of life that feel unsatisfying and yet seem impossible to change. Childhood patterns of unmet needs and attempts to meet those needs in the same dysfunctional ways as were available or modeled within the family, are at the root of present day dissatisfaction and pain. I will help you to recognize these patterns in your life, experience your feelings, and learn new ways to communicate and meet your needs. I will assist you with setting and reaching realistic goals.

My aim with my clients is to help them to utilize their own unique, deeper resources. The therapeutic process is a place in which you can discover, define and feel empowered to meet your own needs. I see it as a place for you to incorporate into daily activities, a greater sense of meaning in your own life through a better understanding of yourself and others.

The methods and techniques of therapy vary depending upon your circumstances and needs. In general, the process begins with a discussion of your situation, concerns, issues, and how you envision therapy being helpful with those matters. Usually, it is relevant for me to obtain information about your family history. We discuss the issues you identify and examine elements that make them problematic.

Together we consider solutions that are within more immediate reach, as well as deeper emotional processes that might be at play. As a therapeutic relationship forms, we may continue to look at how your present day concerns are related to family of origin patterns. In a trusting environment, you can explore feelings, and dysfunctional family distortions in your perceptions about aspects of your self, relationships, and life.

Depending upon your needs, temperament and wishes, we may utilize any of a variety of techniques in our work, in addition to discussion. These techniques facilitate and deepen your experience of core issues and emotion. They range from EMDR (see below), visualization, artwork, movement and psychodrama techniques, journal writing exercises, empty chair

dialogues, work with characterization of different inner parts, dreamwork, and the use of symbols and archetypes as they illuminate the inner journey of self awareness. I try to help my clients discover ways they can continue their work at home in between sessions if they desire.

My therapeutic orientation derives from a variety of theoretical sources, which I will be happy to discuss further if you wish. I draw from Jungian, family of origin, feminist, humanistic, developmental, process-oriented, gestalt, object relations, depth psychology, archetypal, transpersonal and psychodynamic approaches. I work with issues such as developmental and life transitions, loss and grief, co-dependency, relationship dynamics and communication, family of origin, depression, anxiety, post-traumatic stress, dissociation, self-esteem, archetypal and symbolic work, transpersonal issues, and creativity.

EMDR: Treatment with EMDR (Eye Movement Desensitization and Reprocessing) is based upon the hypothesis that the traumatic incident upsets the biochemical balance of the information processing system. The imbalance prevents the information processing from proceeding to an adaptive resolution, and the perceptions of the incident are “locked” into the nervous system. It is possible that repetitive eye movements are the body’s automatic information catalyzing process (found in REM sleep), which serves to restore the balance, and allows the traumatic “overload” to be resolved. If you would like, I can provide you with more information about EMDR and we can discuss if you might benefit from treatment with this method.

Treatment Goals: Treatment goals are initially defined by you and by your life circumstances and are sometimes clarified and restated during the therapeutic process. Change involves insight into feelings, thoughts and behavior, as well as emotional release. Together, we determine the areas most fruitful to focus upon. The course of therapy can vary greatly depending upon a number of factors, which we can discuss at any time. If you would like, we can periodically re-evaluate the therapy process to discuss if your progress is acceptable to you. As in other kinds of health care, you have the right to refuse treatment, to seek a second opinion, or to transfer your care to another therapist.

Professional Ethics: The standards of practice to which I adhere are outlined in the ethical standards of the Washington State Counselors Licensing Law (RCW 18.13 and 18.19).

Confidentiality: All information discussed between therapist and client is strictly confidential. I keep a record of your therapy, dates of service and payments. You can request in writing that no treatment records be kept, and I can choose to agree to that request, except where other state or federal law requires the maintenance of records. By law information concerning our professional relationship can be released only with your prior written consent. Notable exceptions to confidentiality according to Washington State Law include the following:

- 1) Any communication that reveals the contemplation or commission of a crime or harmful act.
- 2) Any information subpoenaed from a court of law.
- 3) If the client is a minor, any information pertaining to the client having been the victim or subject of a crime may be shared in the course

of inquiry about that crime. 4) In the cases of suspected child abuse or neglect; or suspected abuse, neglect, or financial exploitation of an elderly dependent, I am required by law to report information to the appropriate authorities. 5) For our mutual benefit, I participate in professional consultation, however, I will not disclose any identifying information about you.

Appointments and Fees: Appointments for sessions in the office, or via telephone, or using an online video call service are arranged in advance. Sessions last 50 minutes from the time they are scheduled and cannot be extended if you arrive late. Longer sessions can be negotiated for a prorated fee and extra sessions in times of crisis can be scheduled. My fee is \$110.00 per 50 minute hour. Unless otherwise arranged, payment is due at the time of your appointment, using check, cash or, with prior arrangement, using PayPal (some fees apply).

Cancellations and Missed Appointments: Whether an office visit, or telephone or video call, your appointment time is reserved especially for you. **Your regular fee will be charged for missed or cancelled appointments unless at least 24 hours notice is given.** You can leave a message 24/7 at (206) 324-1870.

Insurance Reimbursement: Some health insurance companies will reimburse clients for counseling services and some will not. In addition, all will require that I diagnose your mental health condition and indicate that you have a disorder before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis I plan to render.

If you wish to seek reimbursement for my services from your health insurance provider, you will be agreeing to allow them access to information about your treatment.

Unless we have made another arrangement, I will expect you to pay for my services at the time of your appointment and you will collect any later reimbursement from your insurance company.

Emergencies: My ability to respond with immediacy to the emergencies of my clients is very limited. If you need help devising an emergency plan using your own resources and those available in the community, please let me know. In the event of an emergency, clients are free to leave me a message day or night at (206) 324-1870. I will get back to you as soon as possible. If you need immediate attention and I am unavailable, you can call The Crisis Clinic at (206) 461-3222 (available 24 hours every day). If you are having a life-threatening or medical emergency, please call 911.

Education and Experience: I have been in private practice since 1989. I have worked extensively with adults experiencing dissociative disorders and post traumatic disorder as a result of having suffered severe child abuse. I have a Master of Arts Degree in Psychology from

Antioch University in Seattle (1988). I have worked in a state licensed Community Mental Health agency and facilitated groups at a Community College Women's Center.

Licensing and Professional Affiliations:

Licensed Mental Health Counselor in the State of Washington
National Board Certified Counselors

The State of Washington requires that I inform you of the fact that counselors practicing for a fee must be registered or Licensed with the Department of Licensing, and registration of an individual with the department does not include recognition of any practice standards, nor necessarily imply effectiveness of treatment.

If any of the above policies and procedures is unclear to you, please do not hesitate to ask questions. Psychotherapy relationships are built on a foundation of trust and clear understanding. I hope that matters pertaining to your therapy and business relationship with me can be discussed openly, so please feel free at any time to ask questions you may have about our work together. If no further clarification is necessary, we will sign this statement in my office and I will provide you a copy for your records.

I have read, understood and have been provided a copy of the above Disclosure Statement.

Client

Date

Client

Date