

Beth Rogers, MA, LMHC

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DISCLOSURE STATEMENT

The following information is provided to help you understand the therapy services that I offer. It also informs you of your rights and obligations. Please read it carefully and ask any questions that you may have.

MY BACKGROUND: I received a Bachelor of Arts from the University of Iowa in 1988 and my Masters of Arts in Counseling from St. Martin's University in 1995. I am a Licensed Mental Health Counselor (LMHC) with the state of Washington, license # LH00005412. I am a Child Mental Health Specialist and a Designated Mental Health Professional. I am trained in Critical Incident Stress Debrief, Eye Movement Desensitization and Reprocessing (EMDR) and Dialectical Behavior Therapy (DBT).

MY SPECIALTY AREAS: My primary focus was initially in the assessment and treatment of incarcerated youth and their families. I have developed a specialty working with individuals diagnosed with Borderline Personality Disorder, anxiety and depression. I provide individual therapy and group skills training with these populations. I utilize my expertise in mental health in all areas of practice. I work with a varied population dealing with victims of trauma, those who have been sexually, physically and/or emotionally abused as well as individuals with current life issues. My primary theoretical orientation is based on a cognitive behavioral model.

MY PHILOSOPHY: My belief is people seek counseling because something is not working in their life. I see myself as, initially, an investigator who works with you to help you determine what is not working. I believe people learn behaviors in order to meet their needs, whatever they may be. Over time, these behaviors can stop meeting your needs, for a multitude of reasons. My philosophy is that we don't always have new behaviors to replace the old, ineffective ones. I will work with you to help you identify the ineffective thought patterns and behaviors which impair you from getting your needs met. We will then work together to find alternatives to those ineffective thoughts and behaviors. And, finally, I will support you through the changes you will make to implement these new thoughts and behaviors.

I envision our relationship to be one of discovery of old, ineffective behaviors, which can be difficult. I will support you through this journey with empathic listening, unconditional positive regard, and validation. I will educate you to the best of my abilities. If your issues become outside my expertise, I will either refer you to another practitioner or seek supervision from a clinician with more expertise in those particular areas.

I believe in setting clear, specific, achievable goals. This will be done during the first or second session. You are a vital part of this process, as this is your therapy. If, at any time, these goals become unclear, we will revisit them to clarify.

I cannot guarantee that the services I offer will help you. It is my responsibility to provide services to the best of my abilities and above all, do no harm. If, at any time, you should feel your work with me is not helpful to you, please bring this to my attention right away. You are free to accept or reject any of my recommendations. You should question anything I say or recommend with which you disagree or which you do not fully understand. I will not be offended if you request a second opinion about anything that I recommend.

FEES AND APPOINTMENTS: My standard fee for Mental Health Diagnostic Interview is \$200.00. The fee for an Individual Session is \$130.00, and Group Sessions are \$40.00 per hour. Clients are given a 25% Time of Service Discount if paying for the session "out of pocket" at the time of service. This discount was created because I payment at the time of service saves me the time and energy of billing. Fees are also contingent on guidelines set forth by the Insurance companies or Employee Assistance Programs that contract me to provide services. I require 24 hours notification for appointment cancellations since I reserve space for you. If you provide less than 24 hours notice, you will be charged \$65.00 for the session. Payments are due when services are rendered either by check or cash. There are additional fees for returned checks and these fees are set by the Armada Collection Agency. Fees that are past due will eventually be turned over to Armada Collections Agency.

I will not charge you for phone contacts that are less than 15 minutes in duration, however, lengthy phone calls will be charged following the initial 15 minutes at a rate of \$25 per 15-minute interval.

Documentation and letters that need to be provided to other individuals/agency at the clients request will be charged based on the time spent preparing the document (\$130.00 per hour). Should you need full assessment reports or other documents, there will be a minimum of a \$130.00 fee per document for the initial hour of preparation time and \$130.00 per hour thereafter. You will be provided with a breakdown of charges and a copy of the document, once payment is received.

Please review the Financial Policy and Contract for Services so that you are aware of all other fees/charges. All fees are subject to change with a 30-day notice.

CONFIDENTIALITY: Your discussions with me and your records are confidential. In general, this means that no one has the right to know that you come here, what we talk about, see your records, or discuss your case with me unless you provide me with written permission. There are some important exceptions, which are outlined in the limits of confidentiality form, which I ask you to review and sign along with the HIPAA Privacy Practices.

COMPLAINTS: If you have a complaint about my work with you, please bring it to my attention. All psychological work can be stressful at times, so conflict and misunderstandings can occur. Usually these are best solved through frank, open and honest discussion and we both probably grow from the experience. If you feel that your complaint has not been resolved through discussion with me, you may address the issue by writing to the Department of Health, Health Professionals Quality Assurance Division, Olympia, WA 98504.