



KAYLA BIRKELAND'S THERAPIST DISCLOSURE STATEMENT

Formal Training & Education: I received my Bachelor of Science in Theology and Psychology from Multnomah University in Portland, OR. I took a brief gap year before returning to school and completing my Master of Arts in Clinical Psychology at Pacific University in Hillsboro, OR. I am a Licensed Mental Health Counselor in the State of Washington (LH61277365). Yearly, I participate in continuing education in specialized areas to be able to provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

Philosophy & Approach: My approach to counseling is rooted primarily in a couple of different lenses. I work from a strong foundation of Existential-Humanist thought, where my big focus is on authentic engagement with my clients and understanding each client as a unique individual. While I may hold some expertise in certain areas, my clients will always be the experts on themselves. I see myself and my clients as fellow travelers in this journey called life. My ultimate aim is to come alongside and join with those I am serving to seek solutions to the challenges expressed. Additionally, I draw inspiration from the Cognitive Behavioral approach and seek to understand patterns of thoughts, behaviors, and emotions in my clients. When these patterns cause distress, I work with my clients to identify where they can make some changes to live a more fulfilled life. While we will spend much time dealing with the specific issues that brought you into counseling, we will also look at what makes life meaningful to you, and how you can make sense of your world, live a life aligned with your values, and find purpose along the way. I also believe that at any point in time, people are doing the best they can with what they've got. It is my belief that people ultimately desire

wellness, connectedness, and a sense of wholeness, however, sometimes in life things just get in the way. Whether that be past trauma, present-day challenges, or lack of clarity in regard to values and purpose, I desire to help you become aware of these roadblocks and develop the skills to effectively move through them, over them, or around them. There is hope for change through the counseling process and I kindly invite you to allow me to journey with you toward healing.

Participation: The therapy experience is created both by the therapist and the client. Both participants are encouraged to be honest, open, and curious. Please feel free to ask questions about any aspect of the counseling process and be honest about your thoughts and feelings. This is an important component to change. Therapy can be difficult and uncomfortable at times—it may arouse intense emotions, recall unpleasant events, and/or alter close relationships. This is a natural part of the therapeutic process and I encourage you to discuss these things as they arise. At any time, should you wish to discontinue therapy, you have the freedom to stop. You may also refuse to do a particular activity or request a referral to another therapist. Most important is your experience as a client. Together we will work to ensure a positive therapeutic experience.

Consultations: I regularly consult with other experienced professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

Scheduling Appointments: Appointments are generally made on a regular, weekly basis. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session. I will attempt to keep the same appointment time available to you unless frequent cancellations have been made. If it is necessary to change or cancel your appointment, please let me know as soon as possible. I will charge you a full session fee for appointments that are canceled

less than 24 hours in advance. I will let you know at least 2 weeks in advance if I will be unavailable for a session, except for emergencies.

Termination: The length of treatment is an individual process that is determined by the therapeutic process. I believe the termination process to be as significant as the rest of the treatment, in which we will work together to make this transition as smooth as possible. When your treatment comes to a stopping point, please know that you may return at any point in the future.