



PATRICK KEARNS' THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Psychology from Portland State University and my Master of Science in Clinical Mental Health Counseling from Capella University. I am a Licensed Mental Health Counselor Associate in the State of Washington (MC61660633). I practice under the laws of the State of Washington and the ethics code of the American Counseling Association. I participate in a minimum of 36 hours of continuing education every year in order to provide quality treatment for my clients and as a condition of my license.

Philosophy and Approach: My approach in building rapport with clients in therapy is very collaborative. Clients are experts in themselves and my role is to assist with processing and exploring issues. This collaboration works best with trust, honesty, and a genuine desire to grow. I believe that everyone is worthy and deserving of receiving dignity and respect; especially those seeking support. Helping and supporting others with compassion and authenticity is a belief that helped to drive me towards this career and keeps me going. My therapeutic approach comes from both academic and lived experience, and is rooted in Person-Centered therapy, Narrative therapy, and Geek therapy. Although those theories are my roots, I am comfortable drawing from other sources as needed and tailoring treatment to the client's unique needs.

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.

Supervision: As a licensed mental health associate, I work under a qualified supervisor and participate in regular supervision meetings as a requirement before achieving independent licensure in the state of Washington. My supervisor, Kimberlee Lundgren, LMHC (Washington LH60927647), signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

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 in emergencies.

Termination: The length of treatment is an individual process that is determined by the therapeutic process. I believe the terminating process to be as significant as the rest of 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.