



REBECCA BLAIR'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Psychology from Arizona State University. Soon after, I attended the University of Southern California, where I completed my Master of Social Work through the Susan Dworak-Peck School of Social Work. During my education, I interned at the PeaceHealth Family Medicine Residency clinic, where I worked with diverse populations in a medical setting. Currently, I am a Licensed Independent Clinical Social Work Associate (SC61558768) in the State of Washington and I am also a member of the National Association of Social Workers. Yearly, I participate in continued education in specialized areas to provide quality treatment for my clients as a condition of my licensure in the State of Washington.

Philosophy and Approach: Therapy is a collaborative process that focuses on many different aspects of personal growth and development. My role is to provide a safe and structured environment in which you are able to explore your current challenges and allow you the space to create better functioning in your life and relationships through the therapeutic process. I value your individual worth and respect your capacity as a human being to overcome hardship, pain, and despair. I use an integrative approach rooted in Trauma Informed CBT, Internal Family Systems, with play and strengths-based techniques which allow me to tailor the therapy experience to meet each client's individual needs. I encourage you to explore every aspect of your identity with compassion and acceptance.

Participation: The therapeutic alliance is created through therapist and client collaboration. Both participants are encouraged to be honest, open, and remain curious. As the therapist, I am committed to meeting you where you are on your journey, providing honest and informed

feedback and supporting you as you explore your experiences, develop improved coping skills, and work toward self-efficacy. I want to provide you a safe, judgment-free environment where we can work together to help you tap into your own empowerment and get to know yourself better. At the same time, you are an active participant in your own progress, and continued feedback is highly encouraged during our time together. Please feel free to ask questions throughout the therapeutic process so that we can determine what treatments are working successfully for you. Therapy can be difficult and uncomfortable at times, and I encourage you to explore these feelings and concerns as they arise.

At any time, should you wish to discontinue therapy, you have the freedom to stop attending. It is your right to refuse to participate in a particular activity or request a referral to another therapist if you do not feel our work together is productive for you. The most important part of therapy is your experience and comfort with the process.

Consultations: I regularly consult with other experienced professionals regarding the clients with whom I am working. This allows me to gain other perspectives and ideas to help you attain your therapeutic goals. These consultations will adhere to confidentiality regulations to ensure that strict client privacy is maintained.

Supervision: As a Licensed Independent Clinical Social Work Associate, I work under a qualified supervisor (Kimberlee Lundgren, LMHC, LPC; LH60927647, C6024) and participate in regular supervision meetings as a requirement before achieving independent licensure in the state of Washington. My supervisor 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.