

Disclosure Statement

This information regarding the counseling relationship has been provided for your protection and assistance in making an informed choice about treatment.

Credentials and Approach to Counseling

Marnee Alfson received her MA in counseling from Western Seminary, Portland, Oregon. She obtained a BA in psychology from Corban University. Coursework completed includes training in ethical practice, cultural diversity, human development, helping relationships, group work, diagnosis, and assessment. Licensed Professional Counselors are required to participate in 40 hours of continuing education every two years. As a professional counselor she will abide by its Code of Ethics as set forth in WAC title 246, chapter 246-847; the laws of the State of Washington; and the American Counseling Association Code of Ethics.

Marnee has experience in working with individuals, and groups on a variety of issues including: survival of physical and/or sexual abuse, marital concerns, adjustment to life transitions, parenting skills, trauma, and spiritual concerns. Her approach to therapy incorporates different therapeutic styles and techniques complimentary to the client and situation. Primarily, she practices from an understanding of relational neuroscience and somatic work. This means her therapy is centered on the scientific understanding of the way the brain functions and recovers from trauma while practicing attachment-based psychotherapy. She views therapy as a collaborative effort in helping clients to recognize strengths, identify needs, understand conflicts, discover new options, set personal development goals, and make informed choices.

When a client talks about personal information and the counselor responds with respect and authenticity, sessions may seem emotionally intimate. To maintain a safe and beneficial environment, the counseling relationship will remain on a professional level, and limited to sessions in the office, telehealth, or over the phone, focusing on client concerns. For the benefit of the client, the client and counselor will not engage in physical contact, socialize, give gifts to each other, nor establish any relationship other than the professional counseling relationship. Cultural sensitivity may require some minor modification.

Confidentiality & Client Rights

Everything said in counseling, and even the fact that you are in counseling, is confidential and will not be disclosed except when, based upon information gained from the client or a third party, the counselor is required or permitted by the HIPAA Privacy Standard or Washington state law. As a client, you have the following rights:

1. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
2. To obtain a copy of the Code of Ethics;
3. To report complaints to the Board;
4. To be informed of the cost of professional services before receiving the services;
5. To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions: **a)** reporting suspected child abuse; **b)** reporting imminent danger to client or others; **c)** reporting information required in court proceedings or by client's insurance company, or other relevant agencies; **d)** providing information concerning licensee case consultation or supervision; and **e)** defending claims brought by client against the intern or licensee;
6. To be free from being the object of discrimination on the basis of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

Information may also be disclosed if a client signs a written authorization. Electronic transmission and caller identification by phone, cell phone, email, or internet, increases risk for breach of confidentiality.



Marnee Alfson, MA, LMHC

In keeping with generally accepted standards of practice, periodic supervision and consultation is made regarding the management of cases with other health professionals, who are bound by the rules of confidentiality as stated herein.

Communication between client and counselor is considered to be a part of the clinical record, which is accessible to the client upon written request to view or to obtain copies. Records are maintained for a period of seven years from date of termination. Records of minor clients will be retained for a period of seven years after their 18th birthday or seven years from the date of termination, whichever is the later.

Clients are encouraged to talk with the counselor directly if dissatisfied with services received, desirous of a second opinion or referral, or if intending to discontinue appointments.

Emergency Services

If in need of emergency services, the client should call a crisis line at (800) 273-TALK, (360) 696-9560, or 911.

Acknowledgment and Consent for Treatment

My counseling fee is \$150 per session and is payable in full at time of service. These fees are for a 45-minute counseling session as well as 15 minutes for case note preparation. Please be aware that I usually charge clients for missed sessions unless the client gives 24 hours notice.

I have designated Kimberly Dudley, LPC Intern, to act as my professional executor. In the case of death or disability, she will have access to your records to provide psychological services and/ or referrals to other qualified professionals.

As a contingency of my counseling, I _____ agree to pay the counseling fee as follows:

1. At the start of each session;
2. The fee of \$150 for each counseling session of 45 minutes;
3. The fee can be periodically adjusted or may be discounted based upon demonstrated need;
4. The full session fee charged if the client fails to cancel a minimum of 24 hours prior to any scheduled appointment;
5. A prorated hourly fee charged for phone calls made by the counselor at my request; and
6. All financial obligations, regardless of insurance coverage or reimbursement.

Date

Client/Guardian Signature

Counselor Signature