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JUDITH L. (JUDY) PORTER
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DISCLOSURE STATEMENT AND CONSENT FOR TREATMENT
The Therapeutic Process and My Orientation

COUNSELING AND PSYCHOTHERAPY

My background is varied and includes training in both psychotherapeutically oriented and body oriented modalities. I may incorporate aspects of both into your therapy sessions depending upon your needs and your consent. You are free at any time to request that I refrain from touching you as part of your therapy.

My focus is to work with both conscious and subconscious aspects of emotional healing, helping clients heal and transform traumas, replacing them with feelings of safety, wellbeing, and increased energy and strength. I work with individuals or couples. My orientation is best correlated with Gestalt therapy and Psychosynthesis but also incorporates aspects of Client Centered Therapy, Body Centered Therapy, Cognitive Behavioral Therapy, Dialectic Behavioral Therapy, Transpersonal Therapy and Strength Centered Counseling, depending upon the needs of the client. I have been trained in hypnotherapy, which has enabled me to better work with clients' unconscious fears even while in an awake state, and I subscribe to many of the philosophies upon which hypnotherapy is based, including recognizing clients' abilities to access various parts of themselves that might be at odds with each other, helping these parts to work together, helping clients use their imagination to re-draw their experiences with different outcomes, and helping clients' innate abilities to heal and transform their traumas at the physical, emotional, and spiritual levels.

BODY-MIND THERAPY

Bodywork can be experienced as a part of the counseling process or as a separate modality. Licensed Massage Therapy modalities include Orthopedic Massage, Injury Treatment massage, Deep Tissue massage, and Pregnancy Massage. Energy work is used in combination with massage and Body-mind therapy sessions, and is what makes my work unique. Acupressure is use of finger pressure on meridian points to help to balance the flow of energy in the body, and is used to assist in removing physical problems in the body. Reiki is a system of hands-on healing that allows energy to flow through the practitioner to blocked areas of the body, and is non-directed, allowing the flow to direct itself to the most-needed areas. Body-mind therapy, combines elements of counseling, massage, and energy work, and can include hypnotherapeutic trancework.

RISKS AND RESULTS

There are risks associated with the process of therapy, and though there are expected benefits, specific results cannot be guaranteed. Counseling is a process of exploration, which in the short term may lead to distress as you begin to adjust your thoughts and feelings and as you discover or re-experience unpleasant memories, as it leads in the long term to greater well being. It can affect your relationships both with others and with yourself. As in counseling, results of bodywork vary and no specific results can be guaranteed. Relief of physical or emotional symptoms is coincident with the balancing and reorganizing of the body, mind and spirit. I do not prescribe for or diagnose any physical illness, disease, physical disorder, or injury. Any physical illness known or suspected needs to be presented to your doctor.

CREDENTIALS

Masters Degree in Mental Health Counseling, Antioch University (M.A.)
Licensed Mental Health Counselor (LMHC)
Mental Health Professional (MHP)
Licensed Massage Practitioner (LMP)

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CONFIDENTIALITY

With the exception of several situations described below, I will not share any information that you have told me without your permission.

1. If I have good reason to believe that you might harm yourself or another person
2. If you disclose abuse of a child, elderly person or vulnerable adult.
3. If I am court ordered to disclose information relevant to a legal proceeding.
4. If you provide me with consent for disclosure, or if together, we agree to sign disclosures with current/former practitioners.
5. If you disclose sexual contact with another mental health professional.
6. I make use of use of professional supervision and may share details of our work with my supervisor when it is necessary or helpful to supervision.
7. If an insurance company is paying for your treatment, I might be asked to supply treatment notes or other relevant information.

LENGTH OF THERAPY, TERMINATION AND INTERRUPTIONS

Some clients need only a few sessions to achieve their goals, others may require months or years of therapy. At any time you may initiate a discussion about the affects of entering, continuing, or discontinuing therapy with me. You can request that I refer you to someone else if you decide I'm not the right therapist for you. You may terminate our relationship at any time; however I do request that you attend a termination session to make the termination official or at a minimum notify me in some way. If I am not notified of your termination, I could still be considered responsible for your therapeutic care. I may terminate therapy with you under two conditions: If I believe I am not able to provide appropriate treatment for the conditions you present or if you have behaved in a way that is violent or threatening to me or those related to me. In the first case, I will be happy to refer you to another professional that might be a better match for you. In the later case, I reserve the right to terminate our relationship immediately and will offer you referrals to other sources.

I may need to be away for short periods of time for training or other obligations, or for vacations and holidays. If I need to be away from the office, I will notify you in advance, and will at your request provide you the name and phone number of therapist(s) who will be available to you in my absence. In case of emergency, please call either the Snohomish County Crisis Line at 425-258-4357, or the King County Crisis Line at 206-461-3222. If you believe that you cannot keep yourself safe, please call 911 or go to the nearest hospital emergency room for assistance.

STATE REQUIREMENTS

Mental Health Counselors and Massage Practitioners must be registered or licensed with the Washington State Department of Health. Citizens are provided a complaint process to use in instances where services are not provided professionally.

To obtain a list of unprofessional acts of conduct or to submit a complaint contact:

Health Professions Quality Assurance, Customer Service Center, P.O. Box 47865, Olympia, WA 98504

hpqa.csc@doh.wa.gov, Phone: 360-236-4700, Fax: 360-236-4818

RECORDS

Records are the property of the individual therapist but you have a right to request a copy of your file via a written request. Records are kept for seven years. If you prefer that I do not keep psychotherapy records, you must also provide a written request to this effect and I will only note that you attended therapy in the record and the amount you paid.

OTHER RIGHTS

You can ask questions about any aspects of your treatment process. Feel free to ask me to try something you think might be helpful.

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FEES AND POLICIES

Cash rates for individual counseling sessions (which may include small amounts of bodywork/energy work) are \$85 for 50 minutes. Couples counseling sessions are \$95 for 50 min. Body-mind therapy sessions are \$100 for 90 minutes. Bodywork sessions (non-billed/cash) are \$65 for 60 minutes.

For both counseling and bodywork, I will bill your insurance company if I am a provider with that company. Insurance billed counseling sessions are \$100 per 50 minute hour. Insurance billed bodywork sessions are \$90 per hour. It is your responsibility to provide billing information, physician's referrals and scripts(for bodywork), and to make necessary co-pays, if applicable. I am willing to work on a sliding scale for senior clients, or clients who have economic hardship.

I do not charge for telephone "check-ins" or emergency calls up to ten minutes, nor for texting session information. Beyond this, telephone consults are charged at the same rate as above and prorated according to the amount of time needed.

I require 24 hours notice for appointment cancellations other than emergencies or acts of nature, and you are responsible for paying for late or missed appointments. For billed bodywork appointments missed, clients will be responsible for the cost of the missed session themselves, as the missed session cannot be billed.

Finally, it is important for you to know that diagnosis of a condition is often required for mental health treatment and can become a permanent part of your insurance file. This may have ramifications in terms of insurance rates, long term insurability, and employment.

In signing this consent form, you authorize me to provide your insurance company with any information they require regarding your treatment while under my care. You also authorize payment from your insurance company directly to me.

I have read Judith L. (Judy) Porter's informed consent and agree to the terms of treatment

Signature of therapist: Judith L. (Judy) Porter _____ Date: _____

Signature of Client: _____ Date: _____