

Counselor Disclosure Form

Victoria Lindstrom

Clinical Mental Health Counseling Graduate Student

Supervised by Washington State Licensed Counselor- Carrie Farrell

The Playground Counseling

Education/Training/Professional Orientation & Background

I am currently a student of Clinical Mental Health Counseling. I attend George Fox University and on track to graduate in the spring of 2022. Upon graduation I will be taking the licensure exam towards becoming a Licensed Professional Counselor. My approach in counseling is influenced by Emotional Focused Therapy, Person-centered therapy, Narrative therapy, and Cognitive Behavioral Therapy. I believe in externalizing the concerns and addressing primary emotions that are motivating behavior. As a student, I am currently seeking and receiving supervision from professionals in the industry, including my practicum/internship supervisor and my university supervisor.

Before my graduate program, I received a bachelor's degree in Psychology and a minor in Human Development at Washington State University. I worked with adults and children with disabilities creating individualized plans aimed towards supporting the wellbeing of others. Also, I volunteered at a hospice center supporting individuals and their families in their end-of-life process.

With my graduate degree and license, I would like to specialize in working with children and adolescents, as well as children and adults with disabilities and their families.

Confidentiality and Mental Health Emergencies

You are in the driver's seat of the counseling experience! You have the right and deserve ethical, professional, and fair treatment. You have the right to terminate counseling at any moment and you have the right to refuse treatment. You have the right to any notes that are collected during the session. Those notes will be stored electronically and meet HIPPA guidelines. However, everything you say during a session will not leave the room. In certain situations, like a legal subpoena, suspicion of child or elder abuse, and/or if I believe you can be a danger to yourself or others, confidentiality does not apply, and a report will need to be made. If you are under the age of 13 years old, you are considered a minor and information may be shared with a parent and/or legal guardian. Also, insurance providers may request that a diagnosis and treatment plan for billing purposes requiring that I disclose some information that is discussed. If you feel like you need immediate danger due to your mental health, please call 911 or the Clark County Emergency Line (360) 696-9560.

Right of Clients

The client/counselor relationship is crucial to a positive outcome. If you do not believe I am a good fit, we can work together to find someone who will be. As a mental health professional, I am here to support you and your health. Some things I may suggest during treatment include

books, support groups, community organizations, and other treatment modes. Counseling does require work and sometimes homework will be suggested. Everyone is different and counseling looks different for everyone. Length of counseling is not predetermined

If clients develop questions regarding the counselor or the counseling experience, please ask them. Clinical records can be retrieved per the client's request. Records are archived for at least 10 years post the last session and for minors, records will be archived for 10 years post their 18th birthday or last session, whichever is later.

When dissatisfaction arises, please bring it into session. Clients are encouraged to address these concerns and together with changes, or alterations can be made to the treatment planning. If a complaint should be filed as a result of the counselor's inability to address the client's concern, one can do so at The Department of Health: Customer Service Center.

Therapy Protocol

1. Cancellations are only accepted within 24 hours of a session. If a client simply forgets or has an emergency, they are given one session "free pass". One "free pass" is given every 6 months. If multiple missed sessions occur, the counselor has the right to terminate the services. If 3 sessions are missed, the client will be on a 6-month probation period.
2. All missed sessions, either late cancellations or no shows will be charged half the cost of the session, excluding the first missed session.
3. A credit card is required to be on file in case of late cancellations, as well as for insurance co-pays. All charges will be processed after each session and clients will receive a receipt.
4. If an appointment needs to be changed, clients can do so online on the website at <https://www.theplaygroundcounseling.com/>. If sessions are school-based, email or call me directly for changes.
5. All emails and phone calls will be answered in 2 business days, excluding weekends. Email is the best mode of contact.

**Washington State Department of Health
Health Systems Quality Assurance
Complaint Intake
PO Box 47857
Olympia, WA 89504-7857**

Client Signature: _____ Date: _____