

Anthony Orias, MAED., LMHC NCC 2319 N. 45th st #111, Seattle, WA. 98103.

Patient Disclosure Form

Training and Degrees: I received my Bachelor's in Arts in 2009 from San Francisco State University. I graduated with my Master of Arts in Education in Community Based Counseling from Seattle University in 2014. I also studied abroad at the University of Uppsala in Sweden. I have been working in community mental health since 2009, and completed my clinical internship in 2014 at Navos Mental Health Solutions. In November of 2016, I became a Licensed Mental Health Counselor in the State of Washington.

Counseling Orientation:

I believe in working with the clients I see by meeting them where they're at, to help them overcome the obstacles that they are facing in their everyday lives. By creating small, tangible steps, we can work towards their goals. We do this in session by developing an outline, and building upon that outline, making sure that we construct firm, crisp lines to build upon. Once the outline is made, we start "adding color"—making sure the details that we want are not overcrowded with things that distract us from the ultimate goal of the work that we do together. I pull from clients' interests, creating reference points to help them meet their goals. For example, when working with musicians, I might use rhythm as an example to keep them focused on the present. I view each client as being a whole person, not just as their presenting problem. I do this by using an eclectic variety of counseling approaches, figuring out which will best serve the needs of each client that I work with.

Billing and Insurance Information: The fee for counseling will be \$125.00 per 50 minute session. Payments are to be made at each session. You will be charged for a missed appointment if you have failed to notify me within 24 hours of our scheduled time (illness and emergencies excepted). Fees may increase periodically, and thus the fees are subject to change with two weeks prior notification.

I do not file insurance claims for out of network insurance claims will file for insurance that I am in network with. If your insurance provider will be covering the cost of your counseling then you need to make arrangements with them to reimburse you directly. You are responsible for obtaining and filling out any appropriate paperwork and submitting it to the insurance company. I will be glad to fill out any part of the form that is necessary.

Choosing a Counselor: You have the right to choose a counselor who best suits your needs and purposes. You have the right to seek a second opinion from another mental health practitioner or may terminate therapy at any time.

Confidentiality: There is a legal privilege in this state protecting the confidentiality of the information that you share with me. As a professional, I can assure you that I maintain the strictest ethical standards of confidentiality.

Under mandatory reporting there are legal exceptions to confidentiality. The following situations are those in which the information you have shared with me may be shared with others.

- 1) The client gives written permission to share confidential information.
- 2) Anything that suggests a crime or harmful act.
- 3) If the client is a minor, and there is indication that she/he was the victim or subject of a crime.
- 4) The client brings charges against the counselor.
- 5) In response to a subpoena.
- 6) As required under chapter 26.44 RCW.

When it is possible, we will discuss any exceptions to confidentiality as they arise.

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.

State Information: Counselors practicing counseling for a fee must be registered or certified with the department of health for the protection of the public health and safety. Registration of an individual with the

department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment.

The purpose of the Counselor Credentialing Act (Chapter 18.19 RCW) is (A) To provide protection for public health and safety; and (B) To empower the citizens of the State of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.

Unprofessional Conduct: The brochure called "Counseling or Hypnotherapy Clients" lists ways in which counselors may work in an unprofessional manner. If you suspect that my conduct has been unprofessional in any way, please contact the Department of Health at the following address and phone number:

Department of Health, Counselor Programs
P.O. Box 47869
Olympia, WA 98504-7869
360.664.9098

Contacting Me by Phone: Please limit phone calls to setting up appointments. I check my voicemail at the beginning of the day and at the end of the day. For emergencies, please use the numbers below. I will return all calls within one business day. Please refrain from texting this number, unless it has to do with appointment modification. Text is not a secure form of conversation, and often can be misconstrued..

Emergencies: If you are in an emergency and cannot reach me, please call one of the following numbers for help:

General Emergencies	911
Crisis Clinic	800.244.5767 or 206.461.3222

I have read and understand the information presented in this form.

Client Signature

Date

Client Signature

Date

Therapist

Date