

Laura Doughty, MS, LMHC

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Professional Disclosure Information:

The State of Washington requires all counselors and therapist to provide their clients with information intended to assist clients in making informed decisions prior to, during, and after the counseling process. You have the right to choose a therapist that best suits your needs and goals, and to discontinue therapy at any time.

- Licensure and Certification: Washington State Licensed Mental Health Counselor LH00007852
- Education, Training and Experience: I received my Master of Science in Counseling Psychology degree from Central Washington University, and have exceeded requirements for continuing education throughout my career, including professional ethics. With over 20 years of experience in the field of mental health, I have worked with individuals of all ages, families and groups addressing issues related to mood, anxiety, workplace stressors, relationship skills, domestic violence, trauma, grief and loss, sexual and gender orientation, dependency issues, identity development and life transitions. Work settings have included domestic violence/sexual assault and community mental health agencies, Operation Purple Camps for children from military families with one or more deployed parents, and private practice.
- Modalities, Techniques, and Scope of Practice: My practice focuses on individuals over the age of 13, although we may include people important to the client if we both agree it is important in achieving the treatment goals we have identified. We work together to identify and explore the thoughts, feelings and behaviors that contribute to distress, and find ways to adjust and adapt in order to move toward a happier and healthier life. Effective treatment includes an awareness of biological, social, psychological, and cultural factors and how they are affecting your personal experiences. I use techniques from a variety of therapeutic models, including Cognitive Behavioral, Existential, Narrative, Emotion-Focused, and Interpersonal. Sometimes you will be asked to complete homework between sessions, other times you will be asked to simply focus on a task, idea or simple mental or physical practice. Where trauma has occurred, we may use Eye Movement Desensitization Reprocessing (EMDR) to pursue relief from symptoms.
- Payment of Fees: Payment for services is expected at the time of service, unless otherwise explicitly arranged and in advance (e.g., insurance). The initial intake appointment costs \$175/session, individual counseling (50 min) costs \$130/session, individual counseling (55+ min) costs \$175/session. Actual fees charged depend on service code associated with the session. The client is financially responsible for attendance at scheduled appointments. A charge of \$55 will be applied to the client account for a no-show or for cancellation with less than 24 hours advance notice. This charge is **NOT** covered by insurance.
- Professional Standards: This office strives to provide the highest quality of clinical and ethical standards. If you have any questions or concerns about any aspect of the work we are doing, please speak about it in session so that we may find a collaborative solution. You have the right to choose a therapist that best suits your needs, and to discontinue therapy any time you wish. According to the State of Washington, counselors who practice for a fee must be registered with the Department of Health for the protection of the public health and safety, although registration of an individual with the department does not include a recognition of any practice standards, nor necessarily imply the effectiveness of any treatment (WAC246-810-031). Additional information regarding professional standards can be obtained from the Washington Department of Licensing by calling (206)236-1761, or by contacting the Department of Health Counselors Program at (360)236-4902, PO Box 47869, Olympia, WA 98054-7869.

Client Signature

Date

Clinician/Witness Signature

Date