

Information for Clients Leigh O'Malley/ Counseling with Leigh



You have a right to know: Counselors practicing psychotherapy for a fee must be registered with or licensed by the Washington State Department of Health for the protection of the public health and the safety of consumers. Registration of an individual with the Department of Licensing does not include recognition of any practice standards, not necessarily implies the effectiveness of any treatment. Licensing as a mental health counselor means the counselor has met graduate education requirements (masters or doctoral degree), has met requirements of at least two years of post-graduate, supervised experience, and has passed a State of Washington examination - or qualified for equivalent certification in another state. Washington state law requires all counselors to disclose certain information to you. I have listed that information below. If you have any questions, please feel free to ask me.

Leigh O'Malley, relevant training, education and information

Washington State Licensed Mental Health Counselor
National Board Certified Counselor

Type of Counseling: Individual, relationship/couples, family, group, program consultation.
Education: Master of Arts - Counseling Psychological, St Martin's College, 1997
Bachelor of Arts - Political Studies, Pitzer College, 1992

Additional Training in:

Child Mental Health, Parenting skills
Emotional regulation
Crisis response
Domestic Violence - victim and perpetrator
Marriage / Relationship Therapy
I have completed Level II Training in Gottman Method Couples Therapy, and I use Gottman Couples Therapy in my therapy work.
EMDR

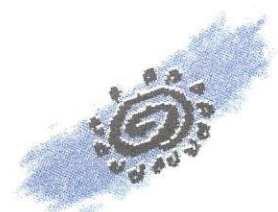
Experience: Private practice - individual / couples / family, and program consultation (Sexual assault program, Adult/Youth Mentoring, Fathering / Head start)
Wahkiakum County Mental Health, Child Mental Health Specialist, crisis response
Children's Home Society - licensing and supervising treatment foster homes
Toule River Ranch - Clinical Director

Therapeutic Orientation:

It is my belief that each of us possesses the keys to our own healing. You have a unique store of wisdom and understanding, skills, strengths, and experience, your own culture and your personal values. It is my intention to assist you in defining / clarifying, maintaining awareness of, and using these qualities to resolve issues that arise from your life situation. My orientation is eclectic, and builds on 25 years of working with families - recognizing the unique strengths of each individual and family's culture, bringing useful tools to each, as appropriate to the presenting situation.

Fees:

My fees for program consultation vary. Payment is made prior to each session, unless other arrangements are made. I have found that clients are much more invested in resolving challenges in their lives when they are investing their own income.



I work with insurance companies only with clear prior agreement. I have serious concerns about working with insurance companies. I do not wish to be in the position of attaching a label to a client that becomes part of a permanent record of that individual. I have serious reservations about the ability of insurers to maintain- ing the confidentiality of your records. The considerable paperwork and authorization requirements consume considerable time and can delay the start of treatment. It is my experience that people decide to enter counseling when life is overwhelming, or at least a considerable challenge. This seems the wrong time to get bogged down in burdensome administrative processes. Simplifying this aspect of our relationship will help us move more quickly into the important process of emotional healing.

Appointments:

Making and keeping appointments is an important part of the therapeutic process. If it is necessary to cancel an appointment, please give 24 hours notice in order to avoid being charged for the session. There is a \$40.00 charge for the 1st no-show appointment.

The end of treatment is an important process. I ask that my clients agree to a closure session to honor the work they have done in therapy.

Location:

My mailing/billing address is: P.O. Box 154, Cathlamet, WA 98612.
Office location: 1329 Broadway suite 204, Longview, WA 98632

Confidentiality:

Other than the exceptions stated in the Department of Licensing brochure and the "Limits of Confidentiality" form, counseling sessions are held in the strictest confidence.

Communication with 3rd parties:

If it is necessary for me to communicate with a physician or any other person, a specific release of information must be signed.

Any 3rd party contact, written or otherwise, not specifically required by Washington State Code, requested by the client will be billed at a standard session rate of \$195.00 per 50 minute hour.

Communication with the courts:

- ◆ Requests to communicate with the courts or attorneys that arise out of ongoing therapy, will be billed at \$650.00 per hour - this includes, and is not limited to, preparation time, correspondence or phone contact regarding the issue in question, travel time to and from court and time within court.
- ◆ This is based on the value I place on the therapeutic relationship. I believe any testimony or input to a court stands a strong possibility of destroying the vulnerability and trust we need to have to be constructive in therapy. I prefer to not entrust a therapeutic relationship to the shifting emotions and arguments of a courtroom.



My Expectation:

Psychotherapeutic counseling is recognizing, and engaging in, a process of personal and intimate change. Individuals and families engage in counseling in order to resolve issues they are struggling to understand and manage. This process requires a willingness to be open, vulnerable, self-challenging, and to do some difficult work. We will work together to develop agreement on a therapeutic goal and work toward achieving that goal. Our ability to work together and to resolve challenges that brought us together lies at the heart of our work. This is not about finding fault; it is about getting life right. Therapy can be very uncomfortable, and some people relive fears that they thought they had settled. It can be very challenging.

I want to thank you for sharing your thoughts about life and the story of your life. It is a privilege to be a witness to the intimacies of another's life. I have found that each conversation I have with clients is a valuable learning process for me. I appreciate and value your honesty and openness, and the trust that you bring to our counseling time.

If you have any questions, I am very open to discussion on your thoughts, or concerns. I look forward to hearing from you to set an appointment.

Leigh O'Malley, MA, LMHC

Client Signature

Date