

Disclosure of Information, Policies, and Client Agreement
Julia Bagley, MS, LMHC
Mental Health Counselor Credential Number: LH 00010826

This statement is meant to give you information about the therapeutic services I provide, my education, theoretical orientation, fees, cancellation policy, and limits of confidentiality. Please feel free to ask me any questions before signing this agreement. Marriage & Family Therapy Associates providers are each solo-practitioners operating their own individual practices. I have my own separate business as an individual practitioner sharing property and occupancy rights.

Education and Experience

I received my Master of Science degree in Marriage and Family Therapy in 2001 from California State University, Chico. I received my Bachelor of Arts degree in 1993 in Psychology from Seattle University. I became a licensed Mental Health Counselor in 2006. I have worked with kids and families doing crisis counseling for victims of domestic violence, counseled individuals and families through the Counselor Training Clinic at California State University, Chico, supported youth and families as the Program Coordinator of a therapeutic foster care program in Olympia, taught parenting classes, and have provided therapeutic services for youth and families as a therapist in private practice.

Theoretical Orientation

I believe that the therapeutic relationship between client and therapist plays an important role in the healing process. What I offer my clients is an open heart and belief that each one of us has strengths, wisdom, love, joy, confidence, and a sense of purpose at our core. Sometimes we lose touch with these aspects of ourselves and need to identify what is getting in the way of our ability to connect with our resources.

In the process of identifying what is getting in the way of living as we would like to, it is helpful to notice connections from current problems with things that have been of issue for us in the past. In other words, challenges we face in our current relationships have a way of relating to relationships we had with our family of origin. Touching on these connections can aid in deepening our self awareness, and thereby can impact in a positive way our capacity to choose a different path in our current circumstances instead of feeling we are trapped in old patterns of thinking, feeling, and acting.

While my training has touched on several models from the field of marriage and family therapy, currently I am drawn to work that focuses on mind-body connection, mindfulness practice, family systems, and a multiplistic approach to understanding the individual. Specifically, I incorporate (Internal Family Systems) and the work of (John Welwood) into my therapeutic approach. I focus on identifying what is getting in the way of each person's intrinsic resources and their ability to tap into their strength, confidence and unique gifts that they have to give to themselves and those around them.

I am continually inspired and moved by each person's natural inclination to heal, and it is an honor for me to be able to play a part in this process.

Contacting Me / Emergencies

If you need to speak with me outside of our scheduled appointment time, you can leave me a message on my voicemail, as I check it regularly, and I will returnn your call by the next business day, or on Monday if you call over the weekend. If you have a crisis involving a suicidal or homicidal situation and are unable to reach me immediately, please call the Crisis Clinic of Thurston-Mason Counties at 360-586-2800, dial 911 and request medical assistance, or drive to your local emergency room.

Confidentiality

It is important to establish trust so that we are able to do work that is helpful to you. All communication between you and I is confidential. However, there are limitations to this confidentiality. I will disclose information we discuss if: I have your written permission to do so, you inform me that you are going to harm yourself or someone else, you are a minor and inform me that you have been a victim of a crime, you inform me of abuse or neglect of a child, or I am subpoenaed by a court. It is standard practice for psychotherapists to consult with colleagues about cases. I do this to ensure that the very best services are provided for my clients, but I am also careful to maintain client confidentiality. If fees are not paid within 90 days of service and you have made no arrangement to set up and begin paying on a payment plan, then it will be necessary for me to turn your name over to a collection service.

Working Together

It is my responsibility to utilize all the knowledge and skill that I have to provide my clients the best services that I can. It is your responsibility as a client to choose a practitioner that is best able to meet your needs. If you decide that you would like to discontinue services with me, or would like a referral for another practitioner, you may do so at any time.

Fees

My fee is \$120 per 60-minute session, which is to be paid at the time that services are rendered. The fee for a 60-minute intake session is \$155. I have a 24-hr cancellation policy. This means that if a session is cancelled with less than 24 hours before it is scheduled, then that session will need to be paid for in full. If you need to cancel an appointment, you can leave me a message on my cell phone at: 360-951-8478. I charge \$75 per hour for consultation with other treatment providers.

Client Consent for Treatment

I have read the above statement and have been given the opportunity to ask questions of this practitioner. By signing this statement I am agreeing to the terms of this disclosure and give my consent for therapy.

Client Date

Client Date

Client/Guardian Date

Julia Bagley, MS, LMHC Date