

Client Agreement

My Training and Approach to Counseling & Coaching

My educational background includes a Bachelor of Science in Psychology from the University of Washington; Masters of Arts in Psychology, Mental Health Counseling from Antioch University, Seattle; and training in hypnotherapy.

My practice involves working with individuals, couples, families & groups. My approach to counseling & coaching combines many therapeutic philosophies and methods including those that: build skills, delve into personal history, focus on current behavior, and draw attention to the importance of social systems and the impact they have on our lives and personalities. Which skills are used at any given time is determined by client needs.

My goal is to help people develop healthy relationships with themselves and others. I support and trust that the keys to change lie within you, the client. My job is to challenge, coach, support, and, guide you to discover those keys and unlock your potential. In supporting your perception of reality, present and past, I will not attempt to determine in a legal sense whether the events you describe happened exactly as you remember them.

You are responsible to set goals, communicate your experience and goals, follow through with homework to the extent you desire, and change whatever you are ready to change. I see you as the one who sets the course for your own life and as the one responsible for the decisions and life changes you make. While I may make suggestions, give opinions and offer advice, you are in charge of what choices you make and how you implement them. I cannot guarantee that specific changes will occur as a result of our sessions.

Silverstream Unlimited, PLLC ascribes and adheres to the Code of Ethics of the American Counselors Association and the International Association of Coaches; and must also answer to the ethical and professional standards of the Washington State Omnibus Credentialing Act of Counselors and the Uniform Disciplinary Act for the Regulation of Health Professions.

Confidentiality

You have privileged confidential communication with me with the exception of the situations listed below. I will always act to maximize your privacy even when you waive your right to confidentiality. The following situations are exceptions to your right of confidentiality:

1. If I believe that you are likely to do harm to yourself or another person.
2. If you reveal that you have committed or are contemplating committing a crime.
3. If I believe that you may be physically or sexually abusing or neglecting a minor child or vulnerable adult, or if you report information to me about the unreported abuse or neglect of a child.
4. If you are currently in litigation, or become involved in litigation.
5. If you are seeing me in couples or family counseling/coaching, and you, your partner, or another family member sees me in a related individual session, information shared with me in that meeting may be shared by me in joint sessions.

