

Disclosure Statement

**Becky Askland,
Counselor, MACP**

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Bothell, WA 98011

Training and Degrees: In 1994, I received a Bachelors degree in Special Education. I went on to teach special/elementary education for six years. Then, in 2003, I graduated from Mars Hill Graduate School with a Masters degree in Counseling Psychology. During the beginning of my counseling career, I was under the supervision of Mary Oliver, counselor and president of Open Heart Ministry. I have since completed a one-year supervision group with Cathy Thorpe, LMHC. I am currently receiving supervision from Cindy Wuflestad, LMHC, as I work to fulfill my hours needed for licensure. I have completed instruction in PrayerCare Therapy, Elijah House I and II, Lifespan Integration I and II, and CIMBS.

Therapeutic Modalities I may use in counseling sessions include:

PrayerCare Therapy: This form of inner healing prayer was developed by Pastor Mary Oliver. Using prayer and guidance from the Holy Spirit, emotional memory stored in the body is accessed and released. Individuals may also find healing from generational wounds, as well as wounds of the personal spirit.

Lifespan Integration – Healing Timeline:

These forms of therapy use a current distressing situation to retrieve an unresolved issue from the past. A timeline of the individual's life is then used to restructure the brain to know that the pain of the past is over. Once the brain understands this, distress in the present is resolved.

Billing Information: The fee for a 50 minute session is \$100.00.

Payment Information: Payments are to be made at each session. You will be charged for a missed appointment unless you notify me within 24 hours of our scheduled time. Cancellations must be made by phone. Email and text messages are not appropriate means of canceling. (Please do not text me.)

Insurance Information: I do not file insurance claims for you. If your insurance provider will be covering any or all of the cost of your counseling, 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 may 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 strive to maintain the strictest ethical standards of confidentiality.

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.

Consultations: I regularly consult with other professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

Scheduling Appointments: Appointments are generally made on a *regular, weekly basis, twice a week, or every other week 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

