



Forever Evolving Psychotherapy PLLC
500 SE Everett Mall Way Suite B202. Everett, WA 98208
✉ foreverevolvingpllc@gmail.com ☎ 425-953-3910

ERIKA V. MORA, MSW, LICSW

Disclosure Statement

General information:

I am honored that you have selected me to be your therapist. My psychotherapy style is both educational and therapeutic. I believe developing a good self-awareness is the route to a healthier self, and by exploring our beliefs, behavior, and personality we can start a more fulfilling life.

My Approach:

My approach to psychotherapy draws on concepts from narrative therapy, psychodynamic therapy, cognitive behavioral therapy, and mindfulness-based stress reduction. Along with this, I focus on person-centered, which involves the client taking an active role in therapy and the therapist serving as a supportive instrument in treatment. I also focus on a strength-based approach by building on the client's strengths and learning to identify any constraints that might be holding back on growth. The best form of communication is verbal but sometimes we use actions and behaviors to communicate anger and/or anxiety. Self-awareness can help clients understand their symptoms and their non-verbal communication to create a healthier self.

Education, Training, and Affiliations:

I am a Licensed Independent Clinical Social Worker in Washington State (LW 60860628). I received my BA in Sociology from California State University, Los Angeles, and my Master's Degree in Social Work from the University of Washington. I have worked in community mental health for over five years. I have provided psychotherapy services to clients from diverse age-groups, sexual orientation, race, and social economic levels. I completed training on dual diagnosis to better serve clients with substance and mental health diagnoses. I also completed 100 hours of psychoanalysis training and Dialectical Behavioral training. As a psychotherapist, I continue to pursue educational training to continue growing as a psychotherapist.

Consultation:

In order to provide the best possible psychotherapy services, I continue seeking on-going consultation. I will protect your privacy and limit the information I share to the minimum necessary with a consultation group.

Therapeutic Work and Termination:

You have the freedom/right to select the psychotherapist that best fits your needs. You may continue your therapy treatment and change goals at any time. You also have the right to discontinue your therapy treatment at any time. I respect self-determination and promote your own decision.

During therapy sometimes it is normal to want to terminate treatment when reopening unsolved past. Open communication is an important part of the therapeutic relationship and is important to acknowledge these issues, even if your decision is to terminate our relationship.

Ethics and Professional Standards:

Washington State Law: I honor all regulations in the 18.225 RCW. The purpose of the law 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.

Client's Rights:

As a client receiving psychotherapy services in the State of Washington, you have the right to refuse any treatment you do not want, and the responsibility to choose a mental health provider and treatment modality which best suits your needs. You also have the right to terminate your treatment at any time for any reason.

Confidentiality:

As a psychotherapy client, you have privileged communications under state law. With the exceptions of situations listed in my Notice of Privacy Practices. You have the right, for the information shared in therapy sessions to be held in the strictest confidentiality, including the fact that you are seeing me for psychotherapy. The privilege is yours, not mine, and cannot be waived without your written consent. I will always act to maximize your privacy even when you waived your confidentiality.

Legal Exceptions to confidentiality:

1. Where there is a reasonable suspicion of abuse or neglect of a child, dependent adult, or developmentally disabled person (Washington Law RCW26.44).
2. The client threatens to harm herself/himself, or others. The Washington State Law requires that others be informed. If that threat is perceived to be serious, the proper individuals must be contacted, this may include the individual against whom the threat is made.
3. In response to a subpoena or court order, the psychotherapist may be required to disclose information in the presence of a judge. I would prefer to work with you to prevent or limit such activities.
4. Information that may jeopardize my safety will not be kept confidential.
5. In the event of a medical emergency, emergency personnel may be given necessary information.
6. If you bring a complaint against me, the information will be released.
7. In the event of a client's death or disability, the information may be released if the client's personal representative or the beneficiary of an insurance policy on the client's life signs a release authorizing disclosure.

Complaints:

If you have any concerns about your experience, please discuss it with me. If you feel I have been unethical or unprofessional, you can contact the Washington State Department of Health, HSQA Complaint Intake, PO Box 47857, Olympia, WA 98504-7857. You may also call them directly at (360) 236-4700 or access online forms and information at www.doh.wa.gov/hsqa Health Systems Quality Assurance, Washington State Department of Health.

Fee Information, Cancellation Policy, and Legal Matters:

In the event of appointment cancellation, a 24-hour advance notice is required to avoid full charges. You will be responsible for full payment for all no-show or less than 24-hour appointment cancellations.

50-minute private psychotherapy session is \$140.00

50-minute couples and initial assessment is \$165.00

Insurance:

I accept insurance for several plans. Some insurance plans will cover my services as an out-of-network provider. I will gladly provide you with a receipt for services after each session, which you may submit to your insurance company for reimbursement. You are always responsible for all payments that your insurance does not cover. Please contact your insurance company for coverage information.

Emergencies:

I provide non-emergency psychotherapy services by scheduled appointment only. If I believe your psychotherapy issues are above my level of competence, or outside of my scope of practice, I am legally required to refer, terminate, or consult. If for any reason, you are unable to contact me by telephone and you are having a true emergency, please call the Snohomish County Care Crisis Line at 1800-584-3578/425-258-4357 or 911. If your personal safety or mental health is at stake please call 911 or check yourself into the nearest hospital.

Communication:

I am open to phone calls between sessions and phone calls that last more than 10 minutes will be charged at my hourly rate. I prefer not to discuss therapeutic matters over email or text messages, and ask that these means of communication be limited to logistical matters. Likewise, any work such as writing assessments or letters on your behalf will also be charged at my hourly rate.

Referrals:

I welcome referrals, which signify your satisfaction and trust in my services.

Legal issues:

It is my policy not to become involved in clients' legal matters (e.g. divorce, custody, immigration, etc.). For several important ethical and professional reasons, I do not speak with clients' attorneys, provide reports, etc. If I am ever requested to testify as an expert witness in a court, my base fee would be \$300/hour and additional fees may apply. In short, I am not a forensic psychologist, do not have skill or expertise in dealing with the court and do not feel it would be to your benefit to use me in that way.

Client Name (printed)

Date

Client Signature

Date

Parent/Guardian Signature

Date

Erika Mora, MSW, LICSW

Date