

Denise Malm Therapy & Consulting

Denise Malm, MSW LSWAIC, GMHS
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Counselor Disclosure Statement and Policies

This document tells about my professional qualifications, education and experience, as well as about how my practice works and how you can communicate with me. Washington state law requires all mental health professionals to provide this information to all clients before services begin (and before any fees can be charged). If you have any questions, please ask.

Full Name: Denise E. Malm, MSW, LSWAIC, GMHS

Licensure: Washington State License Independent Clinical Social Worker, DOH # SC60661587
Licensed in good standing since 2016

Education: Master of Social Work, University of WA– Multi Generations, Gerontology 2015
Bachelor of Social Work, University of WA, 2014
Associates of Arts, Child Development, Mesa College 1998

Specialties: Certificate in Geriatric Mental Health
Personal Safety Nets group facilitation
Powerful Tools group facilitation
PEARLS intervention for depression
Brief Behavior Activation Treatment for Depression
Motivational Interviewing
Inter-Group Dialogue facilitator
Strategies for Facilitating Conversations on Race facilitator
Certificate in Non-Profit Management

Experience: Over 25 years working with individuals of all ages, families, groups & communities.
Six years as a Clinical Researcher with the University of Washington AIMS Center.
Four years as a MSW Practicum Field Instructor supervising student interns.
Presentations at conferences, trainings, and community audiences.

Professional: Active involvement with the WA State Society of Social Workers
National Association of Social Workers (NASW)
International Society for the Study of Trauma and Dissociation
Extensive continuing education, training

Orientation and Treatment Modalities Used:

The work I provide includes psychotherapy, geriatric assessments and consultation with adult children. I have a person-centered focus, meaning the client is the one who has the agenda and makes the decisions regarding our work together.

Services include:

- (a) psychosocial-functional-cognitive assessment using various clinically-researched testing tools,
- (b) individual counseling and consultation for seniors and for adult children/caregivers,
- (c) family meeting facilitation for care planning and decision making.

As a geriatric mental health specialist, I am trained to holistically assess and incorporate the complex physical and behavioral health conditions faced by each individual. Evaluations/assessments with cognitive tests are done using clinically researched and validated tools. These tools may include information gathered from family members, caregivers, or other involved parties, as appropriate.

My practice is influenced by trauma scholars, researchers and master clinicians such as Janina Fisher Ph.D, Bessel Van der Kolk MD, Laura Brown Ph.D and Brene' Brown Ph.D. I use an attachment-informed framework to treat complex trauma, grief, loss and life transitions.

I use a combination of modalities based on the client's situation and goals. These may include PEARLS (Programs to Encourage Active Rewarding Lives), problem solving therapy, solution-focused therapy, and Motivational Interviewing.

Place of Service Options and Policies:

Some DMCT services are provided in the client's home. This is where people are most comfortable and where I can get the most information and insight about the client's daily life, living situation, and any functional needs. I also provide online video services.

With the pandemic (COVID-19/coronavirus/SARS-CoV-2), DMTC developed comprehensive policies and procedures for in-person visits. DMTC has comprehensive professional liability and malpractice insurance, and there are no exclusions for COVID-19/coronavirus or communicable diseases.

As a clinician, I am considered Essential Healthcare Personnel, so I am allowed to visit clients in any facility (hospital, hospice, adult family home, assisted living, senior housing). However, before visiting any facility, I coordinate with staff on their protocols and make appropriate arrangements.

Service Fees and Payment Policies:

My fee is \$130 for a 50 minute session. I ask that we both respect each other's time and schedule – let me know at least 24 hours in advance if you need to cancel or change an appointment. If a visit is not cancelled in advance, full payment for the session will apply. Three cancelations (not in advance) in a six month period will result in termination of services. Payment is due at time of service or upon receipt of invoice. I accept payment by checks, cash & Venmo

Any bills in arrears at the end of the next calendar month (i.e., 30 days after the invoice date) will be charged a late fee of \$ 35.00. In the event of default of payment and/or failure to pay (after 60 days past due), accounts will be sent to collections and the additional collections costs will be added to the debt as allowed by law.

DMTC does not bill insurance.

Contact:

I check my voicemail and email regularly during normal business hours (Monday through Friday, 10-5), but I may not receive your message immediately and therefore may not be able to respond quickly. Please be aware that text messages and emails are not confidential – there are inherent risks and limitations to confidentiality involved in electronic communication.

Occasionally messages get lost – if you have not heard back from me in 72 hours, please call me or email again.

Emergencies:

I do not provide 24-hour services. If you are experiencing an emergency situation, please call 911, or the Crisis Line at (206) 461-3222 in King County, or (425) 258-4357 in Snohomish County, or go to your nearest hospital emergency room.

Privacy:

The Notice of Privacy Practices details how your personal health information is handled by DMTC. The consent form outlines your rights and confidentiality, and must be signed by all parties at the start of our work together.

Ethics:

I belong to several professional organizations and follow the codes of ethics adopted by these organizations. You can view the National Association of Social Workers code of ethics for my licensure online at <https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English>

Complaints:

The State of Washington's Department of Health licenses health professionals and holds them to a code of professional conduct. A list of unethical/ unprofessional conduct under RCW 18.130.180 can be found on the DOH website: www.doh.wa.gov/LicensesPermitsandCertificates/FileComplaintAboutProviderorFacility/Health-ProfessionsComplaintProcess.aspx#7

If you believe I have committed acts of unprofessional conduct, you have a right to contact the Department of Health and report that behavior. There is a process for making a complaint. Call (360) 236-4700, or contact: Washington State Department of Health, Health Professional Quality Assurance / Counselor Section, PO Box 47869, Olympia, WA 98504.