

## Professional Counselor Disclosure Statement

**This statement provides information about the treatment provider and the treatment offered to assist you in choosing the treatment, and the provider, which best suits your needs. You have the right to choose a counselor who best suits your needs and purposes. With that in mind, the following disclosure is provided to you.**

- 1. Identifying Info:** Mindy Maxwell, MA, MHP, LMHC  
Mindy Maxwell Clinical Services, PLLC  
2201 152<sup>nd</sup> Street, Suite 2  
Burien, WA 98166  
Work – (415) 903-0452
- 2. Degrees:**

MA	Counseling	Seattle University	2000
BA	Psychology	Seattle University	1997
Certificate	Non-Profit Management	University of Washington	2010

**License:** Licensed Mental Health Counselor LH00009158  
Washington State Department of Health

**Associations:** Washington Mental Health Counselors Association 2019

### General Competence Areas

I provide counseling for adults for a wide range of emotional and behavioral health issues, substance use, women’s issues, domestic violence, grief and loss, relationship issues, workplace & career, sexual assault and abuse; transition, LGBTQIA+ utilizing Trauma Informed Care, Motivational Interviewing (Miller & Rollnick) and the Stages of Change models (Prochaska & DiClemente) models.

### Counseling Training/Experience

I earned my Master’s degree in Counseling and a Bachelor’s Degree in Psychology from Seattle University. I have earned credentials as a Mental Health Professional (MHP) and Licensed Mental Health Counselor (LMHC). I have worked in the community behavioral health field for over 20 years. Most of those years have been as a mental health clinician, clinical supervisor or services director. I participate in continuing education as part of my ongoing professional development. I base my eclectic clinical work on several counseling theories, including Cognitive-Behavioral Therapy, Solution-Focused Therapy, Client-Centered, Humanistic, Existential-Phenomenology and Adlerian models. I utilize techniques from Motivational Interviewing, Cognitive Behavioral Therapy and Stages of Change models. I believe that each client brings unique strengths and I help you experiment with ways to resolve your current challenges. Mindy Maxwell Clinical Services, PLLC is incorporated in Washington state.

## **Counseling Approach**

My counseling approach is strengths-based, client-centered and solution-focused. My counseling style is supportive, educational and supportive. My goal is to provide you with the highest standards of practice. I will use a variety of methods to help you meet your goal. I strongly believe that within a supportive counseling environment, you have the capacity to effectively identify and work through issues. With clear identification of goals, whether behavioral, interpersonal, strategies can be developed to live a more effective and successful life. In a highly interactive therapeutic setting, I listen, teach, coach and assist in problem solving. I draw from a variety of theoretical models to help accomplish your goals including: Solution-Focused, Client-Centered, Humanistic, Cognitive-Behavioral therapies. While change can be challenging, my core clinical approach is that mindful behavior and emotional understanding can positively transform the overall trajectory of your life.

If you are experiencing physical pain or discomfort, I recommend you see a medical doctor. Therapy sessions are not a replacement for medical treatment.

As part of my professional ethics and responsibilities, I periodically receive consultation about the work I do with my clients. I may discuss your issues with other professionals without disclosing or revealing any identifying information. If you have concerns about this, please let me know.

## **Counseling Process**

My goal is for your individual counseling experience to be a rewarding and caring experience. It is an interactive process that improves the quality of your life, attain your counseling goals and increase your sense of well-being.

## **Goals of Counseling**

There can be many goals for the counseling relationship. Some of these will be long-term goals, such as improving the quality of your life, learning to live with mindfulness and self-actualization. Others may be more immediate goals such as decreasing anxiety and depression symptoms, developing healthy relationships, changing behavior or decreasing/ending substance use. Whatever your goals for counseling, they will be set by you according to what you want to work on in counseling. I may make suggestions on how to reach that goal, but you ultimately decide where you want to go

## **Notice to Clients**

If you have concerns about your experience or involvement in treatment, please discuss this with me. I value having an open, honest conversations about issues that arise. If you feel that I have been unethical or unprofessional, you may contact the Washington State Department of Health, HSQA Compliant Intake. The mailing address is PO Box 47857 Olympia, WA 98504-7857 or you may call them at 360-236-4700. You may also access

forms and information at [www.doh.wa/hsqa](http://www.doh.wa/hsqa) RCW 18.130.180 reviews Unprofessional Conduct.

## **Consumer Rights**

*Washington State Law provides that as a consumer:*

- a. You have a right to be treated with respect and dignity.
- b. You have the right to develop a plan of care and services that meets your unique needs.
- c. You have the right to refuse any proposed treatment, consistent with the requirements in the Involuntary Treatment Acts, Chapters 71.05 and 71.34 RCW.
- d. You have the right to receive care which does not discriminate you, is sensitive to your gender, race, national origin, language, age, disabilities and sexual orientation.
- e. You have the right to be free of any sexual exploitation or harassment.
- f. You have the right to receive an explanation of all medications prescribed, including expected effect and possible side effects.
- g. You have the right to view your case record.
- h. You have the right to confidentiality, as described in relevant statues (Chapters 70.02, 71.05, and 71.34 RCW) and regulations (Chapters 275-54 and 275-55 WAC and this chapter.)
- i. You have the right to lodge a complaint or grievance; you shall be free of any act of retaliation. The ombudsperson may, at your request, assist you in filling a grievance.

## **Informed Consent**

In accord with the Washington State Department of Health, all clients receiving ongoing clinical services will be provided a written disclosure statement that explains their counselor training and experience, clinical approach, License number(s) and also informs you of your right to speak with a counselor.

## **Emergencies**

Mindy Maxwell Clinical Services PLLC was established to offer Mindy Maxwell's counseling education, skills and experience in a part-time private practice. As such, Mindy offers limited hours of service and is not available for crises (related to the problems being addressed in therapy) that occurs after hours. Because most of my time is by appointment only, I am generally not available for emergencies. If you are experiencing a life-threatening emergency call 9-1-1. For other emergencies call the **Crisis Connections at (206) 461-3222 or (866) 427-4747 or contact your personal physician.** Our tax dollars support the Crisis Clinic in providing after-hours service.

Some notes about the King County Crisis Clinic (KCCC):

- Call 911 if the crisis is life or death situation, or when you need police, EMT or Firefighters.

- The KCCC can help by providing advice on how you can make the immediate situation better, recommend resources available in the short or longer term, advise whether you should take client to the Emergency Room, and/or can just provide a sympathetic ear.
- The KCCC staff answering the phone will not be your regular therapist, and (s)he will not forward your call to your regular therapist.

Please also call to leave a message for Mindy at (415) 903-0452 so I know there was a crisis and can schedule with you soon as possible.

**Returning Phone Calls and Email**

Except during announced vacation periods and Sundays, I return calls as soon as possible, Monday through Saturday. If you wish to have a phone appointment to work through a particular issue regular fees apply past the first 10 minutes. I check email often, but not daily. If you need to contact me immediately or need a response in a timely manner, contact me via phone. Do not email me if you are in crisis, call 911. Please be aware that email is not secure, so any communication we have via email cannot be guaranteed as confidential.

**Code of Ethics**

I follow the American Counseling Association Code of Ethics.

You, as evidenced by the signature below, have read and understand all of the statements on this professional disclosure. A copy of this professional disclosure has been provided to you upon request.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist Signature

\_\_\_\_\_  
Date