



## **Lisa McSweeney Counseling**

**Lisa McSweeney, MA LMHC, PLLC NCC**  
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### **Disclosure Statement and Treatment Agreement**

As a new client considering psychotherapy for yourself or a dependent family member, you have the right to know something about my background and qualifications, and to know what to expect from our work together. Please read this document carefully so that you can make an informed decision about using my services.

In order to ensure that provision of services are of the highest quality which meet or exceed best practice criteria and the standards and requirements of Washington's mental health laws, I am licensed by the State of Washington and am trained in accordance with the professional standards of psychiatry, psychology, social work, and/or other related fields. In addition, I maintain clinical records, provide peer review procedures, in-service trainings, clinical supervision, and psychiatric case consultation.

**Independent Practice:** I am a solo practitioner, PLLC, one of a number of independent subtenants who share limited common facilities at a common business address: Greenwood; 113 S. Eunice St; Port Angeles, WA 98263

#### **About Me:**

I first became interested in psychology in my earlier career as an art teacher. I noticed how individuals of all ages experienced increased psychological well-being and focus when learning to express themselves artistically. In addition, at this time, I was also struggling with some major losses in my life. After trying to "figure things out" on my own without much success, I began to see a therapist to help me navigate these life transitions. As my work progressed in my own therapy and I experienced first-hand how powerful therapeutic interventions can be I became increasingly interested in the field of psychotherapy. I returned to school and earned my Masters in Counseling Psychology from Argosy University in 2013. I have been working with children and families at Peninsula Behavioral Health since that time, earning my license as a mental health counselor in 2015.

**Qualifications:** I am a licensed mental health counselor (LMHC), Washington State credential number: **LH60532302**. I am certified in Trauma-Focused Cognitive Behavior Therapy and as a Youth Mental Health First Aid instructor. I have also received training in Internal Family Systems and Expressive Art/Play/Sandtray Therapy I have worked in a variety of capacities, including fulltime therapist, child mental health specialist, clinical supervisor for other therapists, as well as facilitating Family Life Education classes at Peninsula College.

**Psychological Services:** My orientation to the practice of psychotherapy is integrative and flexible. I use a wide variety of techniques to help clients reach their goals. I believe that each person is the best resource for insight and change, with my role as a guide to assist clients in discovering their own answers in a safe environment.

In summary, my focus is to help you identify, challenge and replace self-defeating beliefs and behaviors that are causing emotional pain and to assist you in developing new skills in problem-solving and in relating to others. The final choice as to how far you want to go in your therapy is yours to make.

***Finding the right person for your therapy is essential.*** *You have the right to refuse treatment and the right to choose a practitioner and treatment modality which best suits your needs. I will not be offended if after our initial visit you choose to be referred to another therapist. Instead I will help you identify what you need and attempt to match your needs with another therapist.*

**Confidentiality:** A fundamental part of our therapeutic contract is confidentiality, an understanding that whatever you tell me will not be revealed to anyone else, unless you specifically authorize me in writing to do so. I sometimes seek consultation with other mental health professionals regarding clients I am currently treating. In these consultations I do not give out any identifying information. The consultant is, of course, also legally bound to keep the information confidential. Unless you object, I will not tell you about these consultations unless I feel that it is important to our work together.

There are rare legal exceptions to confidentiality that you should be aware of. Unless it is impossible to do so, I will always discuss a report I am required to make with you before making it. As a mandated reporter, I may be required by law to make a report to the Department of Social and Health Services or a law-enforcement agency if I learn about:

- The abuse of a child or vulnerable adult;
- Potential suicidal behavior;
- If I believe a client is not able to take care of her/his basic needs;
- Threat of harm to another;
- A court subpoena; or
- If a client becomes aware that she/he has AIDS or has become HIV-positive and she/he refuses to be under medical care.
- If a client is younger than 13 years of age.

**Professional Records:** Both law and the standards of my profession require that I keep appropriate treatment records. You are entitled to view and/or receive a copy of your records. If you wish to see your records at any point, I recommend that you review them in my presence so that we can discuss the contents.

Your record will not be disclosed to others unless you direct me to do so in writing, or unless the law authorizes or compels me to do so. If you have managed care coverage, your insurance carrier may also require your authorization to release information for utilization review. Please note, I cannot guarantee the extent of confidentiality of your records once they have been released from your file. Lisa Shindler and Peninsula Behavioral Health are compliant with federal HIPAA rules for the privacy of personal health information (PHI) that is transmitted electronically.

**Contacting Me:** (360) 808-1933 or [lisamc@therapysecure.com](mailto:lisamc@therapysecure.com). I am often not immediately available by telephone. When I am with clients or out of the office, my phone is answered by my confidential answering service, which I monitor frequently. If possible, I will make every effort to return your non-emergency call on the same day you make it, with the exception of vacations, weekends and holidays, or at night.

If I am unavailable for an extended period of time (i.e., a vacation), I will provide you with the name of a trusted licensed colleague whom you may contact if necessary.

**Emergencies:** If you cannot reach me, and your issue is an emergency, or you feel that you cannot wait for me to return your call, you should contact:

- **Call 911**
- **Call your physician**
- **Call or go to the emergency department at Olympic Medical Center**
- **Call Peninsula Behavioral Health Services – Crisis Department at (360) 457-9431 or (800)843-4793**

**Appointments:** My office hours are by appointment only. Occasionally, I will be gone for training or vacations, and once you are an established client you will be provided with names of therapists available to you in my absence. Your initial visit with me is your Intake session in which I will be asking many questions in order to obtain current and background information. You are not obligated nor will you be forced to discuss anything with me that you are not ready to disclose. Please feel free throughout your Intake to let me know how you are doing and what you are needing. Appointments are 50 minutes in length once per week (or more or less frequently as necessary). Extended sessions are also available. Please give 24-hour notice for cancellation of appointments. Keep in mind if you are late your appointment ending time will stay the same and your appointment will be shortened. It is my policy not to continue to reserve appointment times, when clients do not show for their scheduled appointments.

#### **Fees**

Type	Initial	Ongoing
Individual	\$140	\$125
Couple	\$150	\$130
Group		\$50 (2 hours)
Emergency	150% of your customary rate	

If your services are covered by insurance, I will bill your insurance company. Late arrivals for appointments, or cancellation with less than 24 hrs. notice may be charged the full fee. Sliding scale rates may be negotiated in cases of financial difficulty. I am not generally available outside of regular office hours, due to my obligations to my family. I will hold brief phone calls to reschedule, or consult in a crisis situation. Calls over 5 minutes will be billed as emergency sessions.

**Ethics and Professional Standards:** I abide by the ethical, professional, and legal standards established by the *American Psychological Association* and the State of Washington Board of Psychology. At any time, you may ask me to discuss my treatment approach. Please be aware that you have the right to request a change in treatment, referral to another therapist, or other resources, and/or to refuse treatment or discontinue our work together. I will make appropriate referrals if I become aware of a problem that is outside of my area of expertise.

Finally, it is important that you know that you have recourse available if you feel that I have acted unprofessionally or have caused you harm. If you believe that I have acted unethically in our work together, please contact:

**Department of Health**  
Examining Board of Psychology  
P.O. Box 47868  
Olympia, WA 98504-7868

**UNPROFESSIONAL CONDUCT**

If you wish to file a complaint for any of the areas identified below as Unprofessional Conduct please contact the Department of Health, Complaint Intake Unit, at 360-236-2620.

- (1) The commission of any act involving moral turpitude, dishonesty, or corruption relating to the practice of the person's profession, whether the act constitutes a crime or not. If the act constitutes a crime, conviction in a criminal proceeding is not a condition precedent to disciplinary action. Upon such a conviction, however, the judgment and sentence is conclusive evidence at the ensuing disciplinary hearing of the guilt of the license holder of the crime described in the indictment or information, and of the person's violation of the statute on which it is based. For the purposes of this section, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for the conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter [9.96A](#) RCW;
- (2) Misrepresentation or concealment of a material fact in obtaining a license or in reinstatement thereof;
- (3) All advertising which is false, fraudulent, or misleading;
- (4) Incompetence, negligence, or malpractice which results in injury to a patient or which creates an unreasonable risk that a patient may be harmed. The use of a nontraditional treatment by itself shall not constitute unprofessional conduct, provided that it does not result in injury to a patient or create an unreasonable risk that a patient may be harmed;
- (5) Suspension, revocation, or restriction of the individual's license to practice any health care profession by competent authority in any state, federal, or foreign jurisdiction, a certified copy of the order, stipulation, or agreement being conclusive evidence of the revocation, suspension, or restriction;
- (6) The possession, use, prescription for use, or distribution of controlled substances or legend drugs in any way other than for legitimate or therapeutic purposes, diversion of controlled substances or legend drugs, the violation of any drug law, or prescribing controlled substances for oneself;
- (7) Violation of any state or federal statute or administrative rule regulating the profession in question, including any statute or rule defining or establishing standards of patient care or professional conduct or practice;
- (8) Failure to cooperate with the disciplining authority by:
  - (a) Not furnishing any papers, documents, records, or other items'
  - (b) Not furnishing in writing a full and complete explanation covering the matter contained in the complaint filed with the disciplining authority;
  - (c) Not responding to subpoenas issued by the disciplining authority, whether or not the recipient of the subpoena is the accused in the proceeding; or
  - (d) Not providing reasonable and timely access for authorized representatives of the disciplining authority seeking to perform practice reviews at facilities utilized by the license holder.
- (9) Failure to comply with an order issued by the disciplining authority or a stipulation for informal disposition entered into with the disciplining authority;
- (10) Aiding or abetting an unlicensed person to practice when a license is required;
- (11) Violations of rules established by any health agency;

- (12) Practice beyond the scope of practice as defined by law or rule;
- (13) Misrepresentation or fraud in any aspect of the conduct of the business or profession;
- (14) Failure to adequately supervise auxiliary staff to the extent that the consumer's health or safety is at risk;
- (15) Engaging in a profession involving contact with the public while suffering from a contagious or infectious disease involving serious risk to public health;
- (16) Promotion for personal gain of any unnecessary or inefficacious drug, device, treatment, procedure, or service;
- (17) Conviction of any gross misdemeanor or felony relating to the practice of the person's profession. For the purposes of this subsection, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter [9.96A](#) RCW;
- (18) The procuring, or aiding or abetting in procuring, a criminal abortion;
- (19) The offering, undertaking, or agreeing to cure or treat disease by a secret method, procedure, treatment, or medicine, or the treating, operating, or prescribing for any health condition by a method, means, or procedure which the licensee refuses to divulge upon demand of the disciplining authority;
- (20) The willful betrayal of a practitioner-patient privilege as recognized by law;
- (21) Violation of chapter [19.68](#) RCW;
- (22) Interference with an investigation or disciplinary proceeding by willful misrepresentation of facts before the disciplining authority or its authorized representative, or by the use of threats or harassment against any patient or witness to prevent them from providing evidence in a disciplinary proceeding or any other legal action, or by the use of financial inducements to any patient or witness to prevent or attempt to prevent him or her from providing evidence in a disciplinary proceeding;
- (23) Current misuse of:
  - (a) Alcohol;
  - (b) Controlled substances; or
  - (c) Legend drugs;
- (24) Abuse of a client or patient or sexual contact with a client or patient;
- (25) Acceptance of more than a nominal gratuity, hospitality, or subsidy offered by a representative or vendor of medical or health-related products or services intended for patients, in contemplation of a sale or for use in research publishable in professional journals, where a conflict of interest is presented, as defined by rules of the disciplining authority, in consultation with the department, based on recognized professional ethical standards.

*Please don't hesitate to ask me if you have any questions or concerns about our work together.*

