

Diane M. Stuart, M.S.W., LICSW
Emmaus Counseling Center
License #LW60067480
425.869.2644 ext. 43

PROFESSIONAL DISCLOSURE STATEMENT

When people enter into any kind of relationship in which services are exchanged, it's a good idea to be clear about each person's rights and responsibilities. This agreement tells you what you can expect of me and what I can expect of you. Please read it carefully and be sure to ask me to explain anything you don't understand or that you have a concern about.

Counseling philosophies and approach

My therapeutic perspective includes working in a psychodynamic framework with an existential influence, and utilizing select tools from behavioral therapy for implementing change. I specialize in working with men and women who may be struggling with anxiety, depression, identity development, grief and loss, issues as related to sexual abuse and/ or body image, compulsive eating, as well as relationship/family issues and life-phase-transition issues.

My approach to counseling varies depending on the particular needs of the individual and the issues that a client may wish to resolve. Generally, my work with clients begins with Family of Origin work, which helps clients to better understand the influence of the past and why they are the way they are. This period of work is welcome and revelatory for some clients, though difficult and uncomfortable for others. I find, however, that with this foundational understanding, most clients are ultimately more motivated and committed to doing the work that it takes to bring about lasting and positive change in their lives. Mindfulness skills and behavioral therapies such as CBT (Cognitive Behavioral Therapy) and DBT (Dialectical Behavioral Therapy) are the primary tools I use in helping clients to make the personal and life changes that they desire. I am deeply committed to working with all of my clients in a supportive, compassionate and non-judgmental way.

Education and credentialing

- Masters of Social Work, University of Washington, 2004.
- Bachelor of Arts, Communication, University of the Pacific, 1991.
- Completed 100 credit hour certificate course in Psychoanalytic Theory and Practice, 2011.
- Licensed Independent Clinical Social Worker, Washington State Licensure conferred October 2009. License #LW60067480

Confidentiality

All information shared in session will not be disclosed without your written permission unless such disclosure is required or permitted by law, including without limitation: (i) disclosures that you have or are about to commit a crime; (ii) disclosure involving suspected abuse or neglect of a child or dependent adult; (iii) if you are a danger to yourself or others; and (iv) disclosures pursuant to a court order.

Appointments and Fees

My fees are \$120 for a forty-five-minute session, \$150 for an intake. Payment is due in full prior to beginning services. Individual appointments are 45 minutes in length. If appointments run beyond the initial 45 minutes, there may be an additional charge. It is important to be on time as your appointment cannot be extended beyond its scheduled time due to late arrival. Your appointment is exclusively for you;

Emmaus Counseling Center
8290 165th Ave. NE, Redmond, WA 98052
425.869.2644, ext. 43
Updated: 2/19/2018

if you are unable to keep your appointment for any reason, you must give at least 24 hours notice of cancellation or you will be charged an \$80 fee for the time that had been reserved for you.

If you need to discuss, clarify, or bring up any issues with me between appointments, feel free to call me. You can leave a message on my confidential voicemail and I will return your call as soon as I am able. Telephone sessions will be charged in 1/4 hour increments based on the regular fee. In case of crisis or if you need to talk to someone outside of business hours, call the 24-hour crisis line at (206) 461-3222.

- 55 minute initial intake session: \$150
- 45 minute individual or couples session: \$120
- Missed or canceled appointment (with less than 24 hour notice): \$80

Client Rights and Important Information

- A client is entitled to receive information about the methods of counseling, the techniques used, the duration of treatment (if known), and the fee structure.
- It is your responsibility to choose the provider and treatment modality which best suits your needs. You have the right to raise questions about my treatment approach, to refuse treatment, and to request a referral to another therapist if you desire to do so. A client may seek a second opinion from another provider and may terminate treatment with any provider at any time.
- In a professional relationship, sexual intimacy is never appropriate and should be reported to the Health Professionals Quality Assurance Commission.
- The practice of both licensed and unlicensed persons in the field of counseling is regulated by the Washington State Department of Health. Questions or complaints may be addressed to:
Washington State Department of Health , Health Professionals Quality Assurance 310 Israel Rd. P.O. Box 47860, Tumwater, WA 98501-7860 Email: hpqa@csc.doh.wa.gov Phone: (360) 236-4700 Fax: (360) 236-4818
- Confidentiality of records or information or art therapy pieces collected about or by the client will be held or released in accordance with HIPPA standards regarding confidentiality of the service.

Social Media Policies

Per industry standards, my personal social media presence and professional social media presence are separate. (ACA code section H.6. Secondly, it is not appropriate for me to engage in virtual relationships with my clients. (ACA Code A.5.e; NBCC Code section 19).

State of Washington Disclosures

The State of Washington requires that I provide you with the following information.

You have the right both to receive appropriate care and treatment, and to refuse any treatment you do not want. You have the right to choose a Counselor who best suits your needs and purposes. Counselors practicing counseling for a fee must be registered or licensed with the Department of Licensing for the protection of public health and safety. Credentialing of an individual with the Department of Health does not include a recognition of any practice standards, nor necessarily imply the effectiveness of any treatment.

A copy of the acts of unprofessional conduct can be found in RCW 18.130.180. Complaints about unprofessional conduct can be made to:

Emmaus Counseling Center
8290 165th Ave. NE, Redmond, WA 98052
425.869.2644, ext. 43
Updated: 2/19/2018

