

# Frances “Fran” Regdos, M.S.W., LICSW

## Emmaus Counseling Center

(425) 869-2644 ext. 2

### CLIENT DISCLOSURE AND OFFICE POLICY STATEMENT

#### My Experience and License

I received Masters in Social Work degree from University of Southern California. I have worked as a therapist at Kaiser Permanente, Family Services of Los Angeles, and Presbyterian Counseling Services. I was also an adjunct faculty member at Antioch University in the M.A. psychology program teaching adult development and family Systems therapy. I founded Emmaus Counseling Center with my husband Dr. Richard Wemhoff in 1985 and have worked there as a therapist for the last 31 years.

#### Fees, Cancellation Policies, and Emergencies

Please note that I am a provider on some but not all insurance panels. If you are planning on using your insurance for mental health services, please verify that I am contracted with your plan prior to the first visit. Emmaus Counseling Center’s billing staff will submit claims to your insurance company following each office visit.

My rate for those paying full fee (i.e., no mental health insurance coverage) is currently \$150 for the initial assessment and \$130 for each 53+ minute session thereafter.

If for some reason you do not come to a scheduled session, I request that you either cancel at least 24 hours in advance or pay a missed session fee of \$80. Insurance cannot be billed for missed sessions. However, I will not charge you for sessions missed due to a sudden illness or accident. If this occurs, please call as soon as you can. My voice mail will take your calls any time but may need up to a day to respond. If you need assistance before I can be reached, you may call the **King County Crisis Clinic at (206) 461-3222, which is open 24 hours, or dial 911.**

#### Confidentiality

In general, whatever is said during your sessions with me is held in strict confidentiality, meaning I will not discuss you or our work with anyone else except in my own strictly confidential professional consultation, unless you sign a release of information form allowing me to discuss our work with another person (e.g. your physician, school counselor, previous therapist), or unless a judge orders me to release my records to the court and/or testify.

In the State of Washington, all clients age 13 and older are legally required to sign a release of information in order for mental health information to be shared.

There are some exceptions to confidentiality. State law requires that professional counselors must respond protectively by notifying the appropriate authorities if we are informed of the physical or sexual abuse of a child, a disabled person, or an elderly adult. State law requires me to report knowledge of a client’s serious threat or intent to harm self or others, or inability to care for oneself. In instances where I am required to take such action, I also want to carry out this responsibility in a way that promotes the best counseling or therapy for my client’s individual needs.

The rules of confidentiality can on rare occasions create dilemmas. For instance, say that perhaps during therapy you tell me you have a new friend, or romantic partner or boss, and it turns out that some years ago that person was a client of mine. Despite my desire to be open with you, I can’t tell you that I know him or her, because I would be breaking the confidentiality of my work with that person.

If you have any questions about confidentiality, please discuss them with me.

#### Emmaus Counseling Center

8290 165<sup>th</sup> Ave. NE, Redmond, WA 98052

425.869.2644, ext. 2

Updated: 2/19/2018

## **Professional Practice and Orientation**

Based on your needs, our work can be focused in one of three ways:

**Consulting** involves a brief exploration (sometimes only a few sessions) of a specific concern or crisis. My aim is to help you mobilize your thinking and develop strategies for action about the matter in question.

**Counseling** is a more extended exploration of a particular problem, because some problems require more attention and more time for resolution. Career changes or relationship concerns could apply in this context.

**Psychotherapy** involves a close attention to personal experience. In this mode of work, we try to discover the patterns and periods in one's development that have been formative in impacting the current barriers to a fully vital, productive, and satisfying life. Psychotherapy offers an opportunity to reflect safely upon, understand, and integrate problems of fear, doubt, immobility, shame, and confusion. More profound experiences of depression, anxiety, trauma, and developmental privations can be thoroughly addressed and resolved.

Depending on your needs and the problems you want to work on, my therapeutic approach may include elements of Individual Psychotherapy, Cognitive Behavioral Therapy (CBT), Family Systems, Family of Origin Work, and/or Developmental Theory.

I encourage you to ask me questions about my orientation and approach to counseling and therapy.

## **Professional Consultation**

In order to provide the best service possible, I may seek professional consultation on the dynamics and process of your case, if needed. If I discuss your situation in that context, I will not use information that would identify you personally.

## **Social Media Policy**

Professional/ethical standards prohibit me from having contact with clients through social media. If you have any questions, please ask.

## **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:

Health Systems Quality Assurance Complaint  
Intake Post Office Box 47857  
Olympia, WA 98504-7857  
Phone: 360-236-4700  
E-mail: [HSQAComplaintIntake@doh.wa.gov](mailto:HSQAComplaintIntake@doh.wa.gov)

## **Addendum**

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

All clients receiving mental health services at Emmaus Counseling Center are welcome to contact the clinic director, Richard Wemhoff, Ph.D., with any concerns about their treatment at the Center.

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By signing this document, you are attesting that you have received, read, fully understand and consent to the disclosures, terms, and conditions above, that you read and fully understand these rights, and have been given the opportunity to ask questions.

By signing this document, you are attesting to your consent to participation in counseling services provided by Frances Regdos, M.S.W., LICSW.

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Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

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Frances Regdos, M.S.W., LICSW

\_\_\_\_\_  
Date

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