

Kevin Lind, M.A., LMHC

Emmaus Counseling Center

425.869.2644, ext. 45

CLIENT DISCLOSURE AND OFFICE POLICY STATEMENT

My Experience and License

I received my Master's degree in Counseling Psychology in 2012 from Argosy University in Seattle, Washington. I received my Bachelor's degree in Psychology in 2003 from The College of the Ozarks in Point Lookout Missouri.

From 2011-2016 I was a clinician at Sound Mental Health, a community mental health clinic. I oversaw mental health treatment for a large caseload in an outpatient setting. I provided individual psychotherapy and case management services to adults and adolescents dealing with a wide variety of mental health issues. I provided crisis support services including coordinating hospitalization and suicide prevention.

From 2005-2011 I worked as the Resident Services Manager at the Wintonia Housing Community. There we provided supportive housing for 92 very low-income, chemically dependent individuals who have been homeless and may have multiple physical and mental health impairments.

From 2004-2005 I was the Assistant Resource Coordinator at the Westlake Housing Community where I coordinated a variety of supportive services for 53 formerly homeless men in low-income, permanent housing. I organized community building events for the tenants and assisted residents in accessing community resources.

From 2003-2004 I worked at Edgewood Children's Center in St. Louis, Missouri where I was Teacher's Aide. I provided support to educational components in the treatment of children with emotional disorders, behavior disorders and children with Autism. I worked with teacher to assign, teach, review and grade academic material. I participated in treatment Team/Staffing. I assisted in facilitating group therapy sessions.

Since receiving my Master's degree, I have received continuing education in the following areas: Acceptance and Commitment Therapy, trauma, grief and loss, mental health law and ethics, anxiety, mood disorders, suicide prevention, crisis management and safety, self-compassion, Cognitive Behavioral Therapy, Behavior Activation, veteran issues, PTSD, dream work, and mindfulness. Through case consultation and supervision, I have informally received further education in a number of additional areas as well. I attend educational seminars in the field several times a year to continue my professional education.

Counselors in the state of Washington must be registered with the Department of Licensing. I am registered and licensed. This requires continuing education, training, supervision and successful completion of the State Licensing exam. My licensure number is #LH60554417.

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 50 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 I don't carry a beeper and 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.

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8290 165th Ave NE, Redmond, WA 98052

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Updated: 2/19/2018

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.

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 Psychodynamic, Cognitive Behavioral, Family Systems, and/or Developmental Theory. In addition, Sensorimotor Psychotherapy is a modality that I have found extremely useful in treating unresolved trauma as well as dysfunctional relational patterns. I believe that the families and environments we grow up in have a formative impact on one's sense of self, powerfully influencing the way we think about ourselves as well as the way we relate to others. When appropriate, it can be helpful to explore the impact of family relationships on the problems that clients bring to counseling or therapy. In addition, I have a strong bias towards including significant family members in at least some aspects of therapy when working with children or adolescents. Depending on the client's age, this may require a Release of Information form to be signed.

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

Addendum

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

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 Kevin Lind, M.A., LMHC.

Client Signature

Date

Print Name

Kevin Lind, M.A., LMHC

Date
