

BEZZIO COUNSELING, PLLC

R. KENT BEZZIO LMHC, NCC, CMHS

506 S. 15TH STREET RENTON, WA 98055

WASHINGTON STATE LICENSED MENTAL HEALTH COUNSELOR

LICENSE # LH00011289

Disclosure Statement

Purpose: In order to establish a safe and supportive environment for you, the client, and me, your therapist, this statement of disclosure is provided to inform you of your rights as a client and the limitations of those rights, which are important for you to know. This statement will also inform you of my responsibilities as your therapist.

My Approach to Therapy: My approach to therapy is to view the client as the expert in their own life. I do not play the role of expert in my client's life. I do, however act as a guide, advocate, educator, and support person. What I will do is attempt to see your issues from your perspective and your view of the world. I will do this by asking questions in order to clarify my understanding of what the issues are for you. I work within the framework of person-centered theory, which focuses on the client as the expert, and existential therapy, which focuses on behavior and looks at how the client thinks, feels, and behaves and the impact they have on others. Even though the therapy process is a liberating and freeing experience, it can be difficult at times due to the possibility of working through painful issues. This is when my role as support person is crucial. The form, in which the therapeutic process will be dictated by your particular goals, will be very much up to you as a client. In addition, I draw upon other theories and approaches, as appropriate in our work. I work with both adults and children with issues ranging from anxiety, grief, post traumatic stress, life transitions, relationships, depression, career changes and chemical dependency. If you have additional questions, I am open and willing to answer them for you.

My Education:

Masters Degree, Mental Health Counseling
Washington State School of Psychology
Argosy University- Seattle

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BA, Liberal Arts-Sociology, Psychology Focus  
The Evergreen State College

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CDP Candidate,
Seattle Central Community College

Length and Termination of Therapy: As a participant in therapy, you can expect the length of therapy to last as long as you feel it is needed. Client participation is crucial to a successful therapeutic experience. The length of therapy will be directly influenced by the client's level of participation. The higher client's participation, the shorter the process will be. The client's issues and their feelings of accomplishment will ultimately determine the over-all length of therapy. You can initiate the termination of therapy at anytime, however I would strongly urge you to discuss it first with me. Termination of therapy by me will be discussed with you prior to the actual termination.

Consultation with Colleagues: I may be consulting at times with colleagues in order to provide my clients with the highest level of care. As a result of this consultation, I might need to audio/visual record sessions. I will obtain your permission prior to the actual recording. The client can decline to be recorded. These consultations will not impede on your right for confidentiality

The Nature and Purpose of Confidentiality: You have the right to confidentiality in the therapeutic process. I am bound by my professional ethics to protect my client's privacy as it pertains to their therapy. Total confidentiality will be kept except in circumstances provided by Chapter 71.05.390 Revised Code of Washington and the following from the American Counseling Association Code of Ethics:

- The client waives the right to privacy
- If disclosure is warranted due to imminent danger to client or others, or if there are other legal requirements. I will always consult when in doubt of validity of exceptions
- If I receive information confirming the client has a communicable and fatal disease and an identifiable third party is involved and at risk of contracting the disease. I will attempt to first convince the client to inform the third party, however if the client is not intending to notify, I have the obligation to inform the third party in the immediate future.
- When a court orders me to release confidential information without the client's permission, I will request the court to rescind its request due to potential harm to client or counseling relationship.
- When it is required to present confidential information, only the essential information will be revealed.
- As counseling is initiated and throughout the counseling process, I will inform the client of limitations of confidentiality and identify foreseeable situations in which confidentiality must be breached. Such as, if I have good reason to believe the client is a harm to themselves or someone else.
- In group work, confidentiality cannot be guaranteed, however I will attempt to notify the therapeutic group of the importance of confidentiality its members.
- In family counseling, information cannot be shared to other family members without the consent of the other family members.

Interruptions in therapy: If, for whatever reason, I will not be able to proceed to act as your counselor due to vacation, illness, or death, you will be notified in an appropriate time frame and reschedules made or referrals will be given to you. If the absence will be short-term and temporary, it will be discussed with the client prior to actual interruption.

Client's access to their files: Clinical records are the property of R. Kent Bezzio, LMHC. However you may request access to your records and review them. You can also, request copies of your records, or specific reports from your records. You can also amend your records. You have the right to authorize sharing or disclosure of information in your records to anyone you choose. You can obtain an accounting of disclosures of information sent to outside parties, except those made to carry out treatment, obtain payment for services, or provide for clinical service operations. The complete rights and responsibilities are covered in Chapter 70.02 of the Revised Codes of Washington.

Rights pertaining to diagnostic labeling: For the purposes of billing insurance companies and community resource agencies responsible for payment of client's services, a mental health diagnosis is usually required. I will share that diagnosis to you if desired. I do, however advise against focusing on diagnosis's because they can get in the way of therapy by unduly labeling the client. Client's issues are larger and more intricate than a label, and avoiding the use of them are preferred in my work. Alternatives to traditional therapy: In addition to traditional talk therapy, there are other forms of therapy that the client may use to supplement their counseling experience. Some other forms are 12-Step programs such as Alcoholics Anonymous, Interpersonal Work Groups, Self-Help Groups, and many others that can be discussed in session.

Signature

Date

