

**COUNSELING WEST SEATTLE**  
**Aubrey Hardesty, Psy.D, Licensed Psychologist**  
**Licensed Mental Health Counselors**  
**Individual, Couples, Children, Family Counseling**

**Disclosure Statement**

Thank you for choosing Counseling West Seattle for services. The following information is for Aubrey Hardesty and is provided to help you determine if her services as a therapist match your needs as a client. It contains information about her therapeutic philosophy, education, and fees, as well as your rights as a client. Please read the following and ask any questions that would help you determine whether working with her at Counseling West Seattle would be a good choice for you.

**Introduction**

My name is Aubrey Hardesty and I am a Licensed Psychologist licensed by the state of Washington (MC61177433). I earned my BA degrees in psychology and mass communications from Arizona State University in 2011 and my doctorate degree from Midwestern University, Glendale campus in 2017. I am passionate about working with children, adolescents, young adults, and families, but also have experience with older adults.

**Treatment Philosophy**

In my sessions I implement an integrative approach to therapy which incorporates a relational model with aspects of person-centered therapy, mindfulness, perspective taking/social support, and cognitive behavioral strategies. My style of therapy is interpersonal as I value getting to know each client in order to facilitate trust and acceptance. I try to help clients identify and change areas of their life which are no longer serving them well for them to create the life they want. We may also look to change thoughts, beliefs, and behaviors that are nonproductive and self-defeating in nature. Therapy will often involve me challenging one's perceptions and beliefs and discussing alternative ideas, explanations, and frames of reference.

I attempt to provide therapy that is open, supportive, and empathic. I tend to utilize flexible and empirically supported treatment approaches in order to meet my clients where they are at each session. I may use other techniques, such as relaxation techniques, stress management skills, or art therapy. When working with the younger population much of my interventions tend to align with play therapy techniques. Unique and individualized goals are set for each of my clients and through a collaborative process between my clients and myself I hope to help them attain those goals.

**Appointments and Fees**

Therapy sessions are scheduled as follows: Intakes of 60-75 minutes at \$215.00 and ongoing Regular Sessions of 50-60 minutes at \$200.00. Services provided involving legal circumstances or in accordance with court orders are charged at \$250 per hour. If I have to reschedule, you will be given 24 hours' notice if I have to reschedule, except in case of an emergency. If you are unable to keep your appointment for any reason, please contact **Aubrey Hardesty at 206-249-7768**. You must give at least 24 hours advance notice, or you will be charged the full amount. Please be aware that insurance companies do not reimburse for missed sessions. Payment is due at the time of service.

Occasionally I find it necessary to increase my fee. If this occurs during your treatment, you will be given one month's notice before the increase. If you have any questions regarding payments, I encourage you to ask.

### **Insurance Information**

It is your responsibility to discover benefits prior to services. The contact number and/or website address are on the back side of your insurance card. Every insurance plan is unique, therefore when you contact member services you will want to ask specifically for outpatient mental health benefits, in network and/or out of network, number of visits allowed, annual deductible, and co-payment and/or co-insurance amounts, if applicable. Upon first scheduling, you will be asked for the details of your insurance plan's outpatient mental health benefits. If you do not have this information at the time of scheduling, a \$150 pre-payment will be assessed in order to cover your portion of the cost, which will be refunded to you if no co-payment is required by your insurance. You may choose to delay scheduling until you have your insurance information, if you prefer not to place a pre-payment.

### **Confidentiality**

The information exchanged between us is confidential, and your right to and the limits of confidentiality are discussed below. In most cases, a signed RELEASE OF INFORMATION (ROI) is required before healthcare information can be disclosed. There are certain circumstances under which information may be released only when a signed ROI is provided. I may also release information to an insurance company or a health care provider who is providing treatment to you if that person needs to know that information. Additionally, the law dictates that in some circumstances your signed authorization **MAY NOT** be required to release information. These cases are as follows:

- You are considered a harm to yourself and/or another person
- There is cause to believe a minor has been or may be abused or neglected
- There is cause to believe an elder or person with a disability has been or may be abused, neglected, or subject to financial exploitation, and/or
- Your records are requested by a valid subpoena or court order

### **Client Records**

I do keep brief, written records of your treatment and the services that I provide to you. Under law, you may ask me to see and copy that record. You may ask me to correct the record, and I will not disclose your records to others unless you direct me to do so or unless the law authorizes or compels me to do so. If you request records or written information to be released there will be a fee of \$28.00 for paperwork and time spent.

### **Your Legal Protection**

Counseling can help to resolve conflicts, improve relationships, create change, and reduce/relieve distressing symptoms. It involves exploring, processing, and discussing concerns and problems which sometimes may elicit uncomfortable feelings, generate painful memories, or create vulnerability. While this is normal, understandable, and a necessary part of therapy, your participation is completely voluntary and you may terminate services at any time. Additionally, you have the right to receive appropriate care and treatment, and to refuse any proposed treatment.

The State of Washington has asked all therapists to convey the following information to their clients:  
"Counselors practicing counseling for a fee must be registered or licensed with the department of licensing for the protection of public health and safety. Registration of an individual with the department does not include recognition of any practice standards, nor necessarily implies the effectiveness of any treatment."

The State of Washington has also asked all therapists to list the following contact information for the Washington Department of Health, in case you wish to file a complaint for unprofessional conduct as outlined by RCW 18.130.180:

Department of Health  
Health Systems Quality Assurance (HSQA)  
Revenue  
P.O. Box 47865  
Olympia, WA 98504-7865  
(360) 236-4700

#### Crises

If you or your child is having a mental health crisis that **DOES NOT REPRESENT A SERIOUS THREAT TO YOU OR YOUR CHILD'S PERSONAL SAFETY OR THE SAFETY OF OTHERS**, leave a message and I'll call back as soon as possible. I check my voice mail frequently. If unable to reach me in person during a crisis, a call may be made to the Crisis Clinic's 24-hour hot line at 206-461-3222 or you may choose to go to the emergency room of a local hospital if appropriate. For any mental health crisis that **DOES REPRESENT A SERIOUS THREAT TO YOU OR YOUR CHILD'S PERSONAL SAFETY OR THE SAFETY OF OTHERS** CALL 911