

## Disclosure Statement about Working Together

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### **Min Hee J. Cho, M. Ed., MS, LMFTA**

Licensed Marriage & Family Therapist Associate

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Dear Client,

It is good to meet with you. I want to explain the process of counseling through this document which can provide clear information about this counseling. This document protects your privilege and right about what we share in counseling. If you have any questions, expectations, clarification or concerns then please ask me and we can talk about it together.

### **EDUCATION & EXPERIENCE**

I am a Washington State Licensed Marriage and Family Therapist Associate (LMFTA, #MG60252236), a clinical member of American Association for Marriage and Family Therapy (AAMFT) and a member of Washington State Association for Marriage and Family Therapy (WAMFT). I earned a Master of Science in Marriage and Family Therapy at Seattle Pacific University in Seattle, Washington, and a Master of Education in Counseling Psychology at Ewha Woman's University in Seoul, Korea. To offer the best possible services to my clients, I receive supervision from an AAMFT approved supervisor.

I was trained as a Marriage and Family Therapist and I had provided counseling for children, teens and families from different cultural, social and family background (i.e.: Immigrants, refugees, foster & adoptive family). I lead parenting classes for expectant, preschoolers and teens' parents in community. I facilitated few workshops for people who are struggling with mental illness while I was receiving Dickenson fellowship at Seattle Pacific University. I am interested to help out multicultural community, thus, my profession can contribute into other families, schools and communities. I am fluent in Korean and English.

### **THERAPEUTIC APPROACH**

I work with children, teens, adults, couples and families. Mainly, I use a family systems approach and may include experiential, cognitive behavioral and attachment approach. I focus on your strength as a resource while you process your issue in counseling and everyday life, thus counseling process can empower you as a person who already has creativity, belief and life purpose. I believe that counseling is part of on-going life process. I hope that counseling can give you positive and hopeful experience to you. This is my commitment for you and counseling.

When I work with children and teens, I use experiential, play, sandplay, and cognitive behavioral therapy (CBT). In play therapy, I use games, art, toys, sand tray thus children and teens can choose their favorite tool to express and process their feelings, thoughts and actions. I focus on children and teens' strength as a resource while they are working on emotional or/and behavioral issues. I am empathic and supportive but firm with safe limits. I believe that parents are main supports when children and teens are changing and understanding through counseling. I encourage parents to provide supportive environment for children and teens, thus I will communicate with parents. I work with children and teens who are struggling with anxiety, depression, adjustment, perfectionism, social skills, grief and loss.

With adults, I am here to help and encourage you to engage into self-understanding and process. I will do my best to listen to you, reflect what you share, and I will assist you when you need help to clarify your issue. I believe that you have enough resources to approach your issue. I also can explain how your context and systems (e.g.: school, community, immediate and extended family, work, society) may influence you and your issue.

## CONFIDENTIALITY

All communication and information in the therapy are strictly confidential. Information regarding your treatment will only be released with your written permission. With couples and families, I will ask for written permission from each person who is older than 18 years old. In addition to this, I will respect and guard confidences of each individual family member, except an emergency circumstance. I consult about your issue with AAMFT approved supervisor who has an obligation for confidentiality. I do not disclose your personal information.

However, the laws of state of Washington require certain information to be released in specific situations:

- suspected abuse of a child or elder,
- possible imminent harm to yourself or others,
- cases of court subpoena

## PARTICIPATION & CLIENT'S RIGHT

Counseling can progress with your voluntary participation and engagement, thus, it is important to know that we will talk about your life and concerns. I believe that you have your own strength, ideas and resources which can approach to your issue. Understanding and expectation for treatment itself make counseling active. It is important to know what can be benefits or limits of treatment. We try to work on the right treatment for you. If you need to take some of psychological tests which can help you understand and gain more data regarding to your issue then I will refer you to a professional. Counseling is not short process, thus its result may occur slowly. However, if you have doubt about it then we can explore other possible treatment for you.

As a counseling client you have the right to refuse treatment and the right to choose a practitioner and treatment modality which best suits your needs. Please do not hesitate to ask me about any legal or ethical concerns you may have about our therapeutic experience. You may also contact the Department of Health for information about illegal health care practices or to ask questions about the legality of health care practices. The DOH may be contacted through 360-236-4700 or [www.doh.wa.gov](http://www.doh.wa.gov).

## APPOINTMENTS & CANCELLATION

Appointments are scheduled directly with me. When you want **cancel** an appointment, please leave a message on phone or e-mail me **24 hours in advance**. If you arrive late for an appointment, I can't extend the session into another person's time. Please help me start on time for you and the next person.

## FEES

I am committed to providing you the best possible service. In order to achieve your goal, I need your assistance and understanding of my practice policy. Fee for an each session is **\$80** (50 minutes- individual, couples and families). Homevisit fee is **\$110** (50 minutes). Telephone consultation will be charged by time. Longer session can be scheduled if needed. There is no charge for cancellation with 24 hours notice. Without 24 hours notice, you will be responsible for full payment (\$80).

Fees will be reviewed periodically and you will be provided with at least a one month notice in writing of fee changes. I do not bill insurance claims. You are responsible for obtaining and filling out any appropriate paperwork and submitting it to the insurance company.

## CONTACT & EMERGENCY

You can reach me by phone at **(206) 619-0492**, 10am-4pm, Monday - Thursday. My voicemail is confidential. I usually return calls within one business day. You can also email me at **[minheejcho@gmail.com](mailto:minheejcho@gmail.com)**. Although I am the only person who will view the email, I cannot guarantee confidentiality or security on information sent via email. In case of an emergency, you should call 911, or go to your nearest emergency room. You can also contact the **Crisis Line (Crisis Clinic of Seattle) on a 24-hour basis at (866) 4CRISIS (866.427.4747)**.

**\*\* You will be asked to sign that you have read and understand this disclosure statement on the Acknowledgement and Authorization page.**