

Deana M. Enebo, M.A., LMHC

Licensed Mental Health Counselor # LH00010999

Northwest Family Counseling Services

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Personal Disclosure Statement and Notice of Privacy Practices

This notice describes how healthcare information about you may be used and disclosed and how you can get access to this information. **Please review it carefully.**

Why You've Been Given this Document:

Both State and Federal law require me to provide you with this information that is intended to assist you in making informed choices as you begin your therapy process. This document includes information about your legal rights as a therapy client, including what you should expect regarding privacy and confidentiality. Because you have the legal responsibility to choose a clinician and treatment modality that best meets your needs, you will also find information specifically about me, i.e., my individual training and experience, how I understand the therapy process to work, my practice policies, fees, etc. If you ever have any questions about any of this information, please ask me.

Services Offered:

Individual therapy; Play therapy for children; Child & adolescent issues; Eye Movement Desensitization and Reprocessing (EMDR); Individual psychological assessments and diagnostic evaluations; cross-cultural re-entry and missionary debriefing.

Treatment Philosophy and Orientation:

My treatment approach is eclectic, meaning a wide variety of treatment techniques and approaches are utilized dealing with beliefs, thoughts, feelings, values and behavior patterns and interpersonal dynamics. My practice philosophy is informed by the bio-psycho-social, cognitive behavioral and interpersonal theories. My underlying values as a person and as a therapist are Christian. The course of treatment for each client is dependent upon individual factors and may be discussed at any time.

You may have already identified goals associated with changes you want to occur in your life. My belief is that most change that occurs in connection with therapy comes about through forming and experiencing a trusting, emotionally safe relationship, and in the context of that relationship increasing one's awareness of self, challenging one's old beliefs, learning new skills, establishing appropriate boundaries in relationships with others, and experiencing and letting go of old pain. My task will be to assist you in that process.

The procedure I rely on involves talking about emotional experiences, past and present that are sources of concern or anxiety. This is not a linear process and therefore can be a bit unpredictable. There will be times when you feel angry, frustrated, or depressed and not hopeful. These reactions will probably be temporary and you should expect that experiencing mixed feelings will be a part of the therapy process. Though there will be difficult periods, we will be working together to achieve the goals you have identified. If you ever become concerned that what we are doing is not in keeping with your goals, please talk to me about it.

While the primary therapeutic technique I will be using is talking, you may also find that it is helpful to supplement that with additional creative processes (i.e., writing, drawing, sand tray,) and other activities that may assist you to experience levels of yourself that are not as accessible through talk. EMDR (Eye Movement Desensitization and Reprocessing) is also an option when deemed appropriate.

I tend to be fairly active in therapy. I ask questions, offer observations, and look for patterns in the aspects of your life that you share with your counselor. I will, however, greatly rely on you to set the direction for therapy as I believe you are the final expert on you, and I place considerable trust in your unique healing process.

Education, Training & Experience:

I earned a Bachelors of Arts in Humanities from Seattle Pacific University in 1994, and a Masters of Arts in Counseling from Western Seminary (Seattle), now known as Mars Hill Graduate School, in 2002. I am a member of the Washington Mental Health Counselors Association (WMHCA). I am Board Certified with the

American Association of Christian Counselors (AACC). I have specialized training in counseling victims of sexual abuse. I completed a two year internship at the Kitsap Sexual Assault Center from 2003-2005 providing therapy for women and children. I have further study in trauma counseling including Critical Incident Stress Management and Debriefing as well as Eye Movement Desensitization and Reprocessing (EMDR). I completed level one and two training in EMDR in 2005.

I have been in private practice since 2002. I spent several years providing administrative support to Christian relief and development teams in East Africa prior to becoming a counselor. Since that time I have remained active in the preparation and training of individuals heading overseas for short and long-term ministry. I also provide assessment and debriefing services for international mission organizations.

Appointments:

Therapy sessions are 45-50 minutes and occasionally 75-80 minutes for EMDR.

Cancellation and/or no-show appointments: Your regular fee will be charged for missed appointments, or for those cancelled less than 24 hours in advance. This policy is not intended to be punitive, but rather to protect my needed income. Insurance companies will not pay for no-show charges. You will be responsible for those charges.

In the case of illness, I need to know by 9 am the day of the appointment. The number is (360) 479-6327x4. If the call is urgent and needs an prompt reply please indicate so in your voice mail. For an emergency call the Crisis Clinic of the Peninsulas at (360) 479-3033.

If I am late in beginning the session, I will make up the time for you. Regardless of whether you are present to begin your session on time, your counselor will need to end the session at the scheduled time. If your counselor misses a scheduled appointment without notifying you, your counselor will make up the session with you without charge.

Fees & Payments:

Your *costs* for therapy will be specified at the beginning of treatment. Sessions are billed on a 50 minute session. Longer or shorter sessions will be prorated accordingly. Occasionally I find it necessary to increase my fee due to inflation. If this occurs during your treatment, you will be given one month notice prior to the increase. If you have any questions regarding payments, I encourage you to ask.

The *payment* of fees is required at the time of the service. Payment of fees is expected prior to the beginning of each session. The amount you pay directly will vary depending upon your insurance. Should monthly statements need to be mailed to you on a regular basis there will be a \$2 re-bill fee each time that statement is sent out, to cover postage and handling.

Payments via *credit card* is subject to a \$3.00 service fee. This fee will be applied to your bill after a payment is made. Payments can be made on line at http://www.nwfamilycounselingservices.com/on_line_payment.html. Please read the "Privacy Policy/Term of use" statement, by clicking the link below the visa icon prior to making your payment. Should you use this form of payment please inform me that you have done so by giving me the confirmation number as it takes approximately 30 days to receive the actual payment. During that gap you may receive statements that do not reflect your payment.

Checks returned *NSF* will be charged \$35.00 and you will be required to pay cash for following visits.

Brief *telephone* calls (under 5 minutes) are not billed but extended telephone therapy time will be billed at the usual rate. Rates for letters, lengthy email communication, consultations, assessments, reports and travel time may vary.

If books checked out from my library are not returned upon request or at the last session, the client will be charged the cost of replacing the book.

Insurance:

For those using insurance, the office will bill your insurance company once a month. Insured clients are expected to take care of co-payment as services are rendered. Even though an insurance claim is filed, you

