

Wes Cauthers, M.A., LMHC (#LH60155395)

Experience and Education: I received my Bachelor of Science degree in Family Studies and Human Development from The University of Arizona. During that time I did a counseling internship with Arizona Baptist Children's Services and also volunteered for 3 years as a mentor for at-risk youth. I then attended The Seattle School of Theology and Psychology where I received a Master of Arts in Counseling Psychology. My graduate internship consisted of individual and group therapy with adolescents at Sound Youth Counseling in Tacoma, WA. I also worked with youth as a residential counselor at the Children's Home Society of Washington and with both children and families in crisis as a family therapist with Catholic Community Services of Western Washington. I am a Licensed Mental Health Counselor (#LH60155395) in the state of Washington.

Counseling Orientation: I view the counseling process as forming an alliance with you to explore the nature of your struggles. Although we will spend much time dealing with the specific issues that brought you into counseling, we will also look at the nature of your relationships with the significant people in your life as well. According to my theoretical orientation, many of the forces and dynamics that have influenced the complexity and intensity of your struggles are rooted in relational issues. I believe you are made to relate in a satisfying and self-giving manner, and this is likely both the source of your greatest joy but also of your deepest problems. Thus, we will explore how your relational style interferes with the enjoyment for which you are made. This is also meant to give you hope, that by dealing with the source of the problem we will address the constellation of symptomologies as well. I believe that some issues can have a physical component; in such cases, medical consultation will be advised.

Billing and Insurance Information: The fee for counseling will be \$100 per 38-52 minute session and \$125 per 53-60 minute session (**\$150 for the 1st session only**). Payments are to be made at each session. You will be charged for a missed appointment if you have failed to notify me within 24 business hours of our scheduled time (illness and emergencies excepted). Fees may increase periodically, and thus the fees are subject to change with two weeks prior notification.

I do not file insurance claims for you unless I am a preferred provider with your insurance company. In cases where I am not and your insurance provider has an out of network benefit which will be covering the cost of your counseling then you need to make arrangements with them to reimburse you directly. You are responsible for obtaining and filling out any appropriate paperwork and submitting it to the insurance company. I will be glad to fill out any part of the form that is necessary.

Choosing a Counselor: You have the right to choose a counselor who best suits your needs and purposes. You may seek a second opinion from another mental health practitioner or may terminate therapy at any time.

Confidentiality: There is a legal privilege in this state protecting the confidentiality of the information that you share with me. As a professional, I can assure you that I strive to maintain the strictest ethical standards of confidentiality.

There are legal exceptions to confidentiality. The following situations are those in which the information you have shared with me may be shared with others.

- 1) The client gives written permission to share confidential information.
- 2) Anything that suggests a crime or harmful act.
- 3) If the client is a minor, and there is indication that she/he was the victim or subject of a crime.
- 4) The client brings charges against the counselor.
- 5) In response to a subpoena.
- 6) As required under chapter 26.44 RCW.

When it is possible, we will discuss any exceptions to confidentiality as they arise.

Consultations: I regularly consult with other professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

Scheduling Appointments: Appointments are generally made on a *regular, weekly basis*. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session.

State Information: Counselors practicing counseling for a fee must be registered or certified with the department of health for the protection of the 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 purpose of the Counselor Credentialing Act (Chapter 18.19 RCW) is (A) To provide protection for public health and safety; and (B) To empower the citizens of the State of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.

Unprofessional Conduct: The brochure called "Counseling or Hypnotherapy Clients" lists ways in which counselors may work in an unprofessional manner. If you suspect that my conduct has been unprofessional in any way, please contact the Department of Health.

Contacting Me by Phone: You may leave me a message at 425.268.0060. I will check these messages on a regular basis. Please limit your phone conversation needs to appointment scheduling and emergencies.

Emergencies: If you are in an emergency and cannot reach me, please call one of the following numbers for help:

General Emergencies - 911
Crisis Clinic - 800.576.7764 or 253.798.4333

I have read and understand the information presented in this form.

Client Signature

Date

Client Signature

Date

Therapist

Date