

Anna Rhodes, M.A. L.M.H.C L.M.F.T.A
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OFFICE POLICIES

COURSE OF TREATMENT AND THERAPEUTIC ORIENTATION

In my work with clients, I draw from a variety of therapeutic theories, methods, and interventions; including psycho-dynamic, developmental, cognitive-behavioral, and EMDR. Generally, work with me will be focused on exploring your feelings, thoughts, and actions. My goal for our work together is to provide psychological interventions, insights and emotional support which are appropriate to your needs and goals. I see my task as providing an environment where it is safe for you explore your thoughts and feelings, to explore options and consequences, to assist you in making important decisions, take risks, to perceive yourself and others differently, to recognize patterns in past and present behaviors, to have an opportunity to visualize and experience new responses and to create a healthy and rewarding life.

MY EDUCATIONAL BACKGROUND AND EXPERIENCE

I have 38 years of experience in providing psychotherapy, counseling, consultation, and training to individuals, couples, and healthcare professionals.

I have my graduate degree from the University of Santa Clara in California in Counseling Psychology and have trained extensively with renowned specialists in the areas listed below. I have been on staff with Dr. Elisabeth Kubler-Ross, the University of Washington School of Medicine, and have conducted seminars in universities and hospitals around the world.

My specialty areas include: insight-oriented psychotherapy, personal and professional transitions, EMDR, relationship issues, depression, self-esteem, grief and loss, physical illness and disability, stress management, anxiety, phobias, post-traumatic, stress reaction, conflict resolution.

CONFIDENTIALITY

All information, including issues discussed in the course of therapy and the fact that you are in therapy with me, is strictly confidential. I will not release any information about you without your written permission, except where I am ethically and legally bound to do so. The law requires the release of information when there is suspected abuse to either a child or a vulnerable adult, intent to physically harm oneself or another person, and/or information subpoenaed by the court. (See HIPAA)

FEES, INSURANCE AND CANCELLATION POLICY

My fee is currently \$135/one hour session, and \$195/90 minute session for individual psychotherapy and consultation and \$195/90 minute session for couple's counseling. Each session is approximately one hour or one and a half hours and fees are payable at that time unless otherwise arranged. My fee is \$250 per hour for EMDR sessions when they are part of a Three Day Intensive. If your health insurance covers psychotherapy, I will provide bi-monthly statements that you can submit to your insurance company for reimbursement. Due to the varying policies of insurance companies, I cannot promise reimbursement from them. Special payment arrangements are available for the Three Day Intensive.

Your appointment time is reserved exclusively for you, therefore, if you need to cancel or change an appointment, please notify me 24 hours in advance or you will be responsible for paying for that session.

TELEPHONE CONSULTATION

Telephone consultations extending over 15 minutes will be calculated on a pro-rated basis at the same rate as office sessions. Of course, there will be no charge for any calls made to schedule or re-schedule appointments or for the initial pre-therapy telephone consultation.

VACATION COVERAGE

I will notify current clients of my vacation plans in advance. You may call my office for information about who is covering my practice in my absence. More specific arrangements can be discussed on an individual basis. If you have a session or telephone consultation with the therapist who is covering my practice, you will be charged that therapist's fee.

EMERGENCIES

You can leave messages on my confidential voice mail number at any time by calling (206) 322-2662. If you need assistance immediately, you can contact me by calling or texting (206) 818 8645. If I do not respond to your message within an hour, please call 24-hour crisis line at (206) 461-3222, or go to the emergency room of your nearest hospital for additional assistance. If I am out of town, I will leave a message on my telephone with the contact numbers of my colleagues who are available to cover emergencies on my behalf when possible.

ETHICS AND PROFESSIONAL STANDARDS

The Department of Licensing requires that

“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 a recognition of any practice standards nor necessarily implies the effectiveness of treatment.”

Clients have a right to withdraw from treatment or seek referral for another therapist at any time.

As evidenced by the signatures below, this client has read and understands this statement.

Client's Signature _____ Date _____

Anna Rhodes, M.A. L.M.H.C L.M.F.T.A _____ Date _____