

DISCLOSURE STATEMENT

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You have the right to choose a health care provider who best suits your needs and purposes. With that in mind, please read carefully the following disclosure information for counseling services. You have the right to refuse treatment.

Credentials

I am a Licensed Mental Health Counselor in the State of Washington. My license number is LH 60490501. I received a Bachelor of Arts in Psychology from the University of Minnesota in 1985. I received my Master of Social Work degree from the University of Washington, School of Social Work in 1998 and a Doctorate in Education degree from the University of Minnesota in 2014. In addition, I have completed college level courses in the area of chemical use and dependency.

My training is primarily in cognitive-behavioral and family systems therapies with additional training in chemical dependency. In addition, I am currently in training to become a qualified Mindfulness Based Stress Reduction (MBSR) meditation teacher through the University of California San Diego, Center for Mindfulness. I am also being trained to become a Certified Forest Therapy Guide through the Association of Nature and Forest Therapy Guides and Programs. I have served as a prayer chaplain. I work with clients using a *Whole Person Perspective*, which often includes addressing spiritual/mystical/religious beliefs. My two-year internship was at Oak Street Center in Port Angeles, WA. I was a faculty member of the Psychology Department at the University of Minnesota Duluth for nine years prior to starting my private practice, *Our New Experience (ONE), LLC*. I am a teaching therapist who works with individuals from young adulthood onward.

I am a member of the National Association of Social Work (NASW).

Counseling Approach

In counseling I will be actively involved in working with you, providing information, psycho-education, guidance, and support. I've learned there are many paths to finding peace of mind. Therefore, I use an eclectic approach when working with clients. I use cognitive therapy and mindfulness techniques to help clients become aware of their thoughts, feelings and experiences. In our work together, I will help you learn how to accept thoughts and feelings without judgement. Once aware of them, we will work together to help you change thought patterns that are distortions that undermine your overall health and wellbeing. Cultivating mindfulness is a process that involves learning new skills to live here, now. Practices include self-observation, deep breathing, meditation, forest therapy and introspection. Relaxation and increased peace of mind is routinely experienced by clients who develop mindfulness skills.

I also use cognitive-behavioral therapy (CBT) in my work with clients. This approach helps address dysfunctional emotions, maladaptive behaviors, and thinking processes using a number of goal-oriented processes. CBT is thought to be effective for the treatment of a variety of conditions, including, mood disorders, anxiety, personality disorders, and substance abuse. This approach often involves helping clients change attitudes and behaviors that are causing emotional pain. We may talk about how you've handled difficulties in recent situations and relationships.

Counseling may present challenges as I encourage you to implement more effective strategies for problem solving and learn how to make healthier decisions. At times I may ask you to do some specific activities outside our sessions, such as reading a book that I think would be helpful.

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Form 1b, Page 1 of 3, revised 1/2020

The length of time you will be in treatment cannot be known early-on. Ultimately, you are in charge of your therapeutic experience and duration.

Counseling is understood to be a choice you've made among available options. Other options include: receiving therapy from another counselors, using other therapies, using support groups, seeking self-help resources, and other modes of treatment.

Risks and Benefits

Counseling can have benefits and risks. Since it often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings, such as sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, counseling has also been shown to have many benefits. It often leads to better relationships, it can provide solutions to specific problems, and there is often a significant reduction in feelings of emotional distress.

Some patients need only a few sessions to achieve their goals, while others may benefit from long term counseling.

Concerns about Treatment not working or Unprofessional behavior

You have the right to terminate counseling at any time. Stopping therapy early may result in the return or worsening of the initial problems and symptoms.

I encourage you to talk with me directly if you are dissatisfied with my services or if you want a second opinion or referral to another counselor. If you intend to discontinue therapy, please discuss it with me first.

If you are concerned about my professional conduct, you may file a complaint with: Department of Health, Health Professions Quality Assurance Division, PO Box 47869, Olympia, WA 98504-7869. Their telephone number is (360) 236-4700.

Confidentiality

In addition to this document, you received my Notice of Privacy Practices, which described how I might use and disclose your health information. Examples of when I may disclose information about you is: To report suspected abuse of a child, a developmentally disabled person, or a vulnerable adult; to interrupt potential suicidal behavior; to intervene against threatened harm to another, which may include knowledge that a patient is HIV positive but a patient is unwilling to inform others with whom he/she is intimately involved; to Northwest Clinical Billing - business associate who processes insurance/private pay bills for me; if required by court order or other compulsory process.

Disclosures may also be made if you sign a written authorization for me to release information to another person or agency, such as your physician. If you file a complaint with the Department of Health, the minimally necessary disclosures will be made to present the Department with the full picture.

Payment by check permits bank employees to view names of my patients, because my name will appear on the check.

Minors

If you are a client 13 years of age or older, you have the right to accept/deny treatment. You also have the right to allow/refuse your parents access to your treatment records. As a mental health therapist, I am a mandated reporter in Washington State. As such, I am obligated to inform your parents and/or authorities if believe you are in danger or you are a danger to someone else. Beyond the requirements of being a mandated reporter, I do not have the right to disclose information about you to parents, guardians, school officials, etc. unless given permission in writing by you.

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Form 1b, Page 2 of 3, revised 1/2020

Appointments/Payment

My counseling appointments are 50 - 55 minutes in length and my fees are as follows: *Intake and Assessment Sessions* #1 and #2 are \$180 each, follow up *Therapy Sessions* are \$160 each and I charge \$160/hour for paperwork you/your employer request I complete. I offer a limited number of clients a sliding fee scale for a limited number of sessions. While I do my best to minimize rate changes, from time to time I do find it necessary to increase my hourly rate. If you are continuing in therapy with me at that time, I will provide you with thirty days advance notice of any such increase. You are not responsible for any costs prior to you being given this notice.

Unless we have made other arrangements, full payment is due at the start of each session. You will be charged in quarter-hour increments for telephone calls to me to discuss issues or concerns between sessions. The same will be true for my telephone interactions with attorneys, physicians, and others on your behalf, and for reports and letters you request me to write on your behalf. You are expected to pay these extra costs at our next session.

Any unpaid balance on your account bears interest at the rate of 12% per annum.

If you will be unable to attend a scheduled session, you will be charged \$125 for the missed session unless you notify me 24 hours in advance of the scheduled session. Health insurance companies will not pay for missed sessions, nor will they pay for telephone calls, reports, letters, or interactions with attorneys and others; you will be solely responsible for payment for these services.

About Insurance

You are responsible for payment of all treatment fees and other costs. If you have health insurance and/or a third-party payer, it will usually provide some coverage for mental health treatment. I will fill out forms and provide you with whatever assistance I can in helping you receive the benefits to which you may be entitled. It is very important that you find out exactly what mental health services your insurance policy covers.

Your health insurance company and/or a third-party payer may require that I provide it with information about your diagnosis, treatment plan, and your attendance at therapy sessions. It is rare, but they may require a copy of your entire treatment record. The organization I have contracted with to process insurance/private pay bills for me is Northwest Clinical Billing in Olympia, WA. If you are using insurance and/or a third-party payer, you acknowledge this and you agree to allow these disclosures.

Acknowledgement and Agreement

By signing below, each of us confirms this disclosure document to represent the agreement between us, and you confirm receiving and reading a copy, and you confirm your understanding of the information provided and agree to allow the disclosures of health information as described above.

Signature of Patient (or Parent or Legal Guardian)

Date

Signature of Clinician

Date