

## DISCLOSURE STATEMENT for COUNSELING & CONSULTATION SERVICES Tamara Lynn Anderson, MEd, LMHC

*Welcome.* The following information is an aid to ensure that your needs as an informed client are met. Engaging in a therapeutic relationship is a significant step in one's life and I am glad you are here! Committed to counseling excellence, I strive to respect the wide range of spiritual values, beliefs, and cultural heritage of all persons and to create a safe and trusting environment. All clients have the right to refuse treatment, as well as a right to choose a practitioner and treatment modality that best suits one's needs.

Office Location: **2366 Eastlake Avenue E., Suite 321, Seattle, WA 98102.** My office is located the Eastlake Neighborhood, near Lake Union, and public street parking is available in the surrounding area. Please be mindful of signage to determine appropriate restrictions, as it varies from block to block.

Session Length: 55 minutes, once a week, unless otherwise agreed.

Fee: \$165/session, due at the beginning of each session. **Personal checks, checks via on-line banking or digital payments through Zelle are strongly preferred and requested.** Cash, credit card, and HSA card payments are also accepted. I am also happy to work with you to help you obtain reimbursement from your insurance company, if you choose. Should the full session fee pose a financial hardship, a reduced rate is available for a limited number of clients. Fees are subject to increase periodically.

Cancellations: 48 hours notice prior to the counseling session is appreciated. Except for medical/family emergencies, **the client is responsible for the full fee if the counseling session is canceled less than 24 hours in advance, or if one fails to arrive for an appointment. Please note that insurance will not reimburse for missed sessions.**

Communication: Clients may call or text (206) 985-3892 or email [tamara@tamaralynnanderson.com](mailto:tamara@tamaralynnanderson.com), 24 hours/day, 7 days/week. Messages will be returned within 24 hours. Calls, texts or emails left on the weekend or holidays will be returned the following business day, if not sooner. Please note that electronic communication is not always secure. Additionally, you are invited and welcome to follow my professional Facebook page, [facebook.com/tamaralynnandersonmedlmhc](https://www.facebook.com/tamaralynnandersonmedlmhc), as I enjoy sharing things which may be of interest to the general population. Keep in mind, however, that this is a public forum and therefore dialogue is discouraged and your name cannot be kept confidential.

Teletherapy:

Teletherapy involves the use of electronic communications between client and therapist using interactive video and audio communications.

Session rate: \$165 for a regular 55-minute session.

You have the right to withhold or withdraw your consent to the use of teletherapy at any time without affecting your right to future care or treatment.

I will protect your confidentiality as much as possible, but it is important to be aware that all types of technology are not completely secure and privacy can be compromised.

It is important to use a secure network protected by a password. I will do the same.

I currently utilize encrypted and password protected Zoom, Doxy.me, and Psychology Today "Sessions" accounts. Telephone is easy, we just call, and risk for privacy violation is lower.

I have disabled the record option for video sessions and require that you agree to not record telephone or video sessions on your end, as well.

If our session should be interrupted for whatever reason, technological difficulties or otherwise, we agree to trouble-shoot to our best ability and pick up what's lost where and as we can.

For teletherapy, it is important for you to be in a quiet space where you will not be interrupted or overheard. I will do the same.

I will do my best to use the appropriate code modifiers for insurance reimbursement, but mistakes may be made, as I do not work directly with insurance.

Teletherapy may be a nice approximation to in-office sessions and, in the post era of COVID-19, reduces the possible risk of disease transmission. It may allow us to continue our work together in a way that might otherwise be halted. It also reduces the need for travel time, which may prove convenient.

Emergencies: This practice is not equipped to handle emergency needs. In the event of a mental health crisis, please contact **Crisis Connections** at **(206) 461-3222**, [crisisconnections.org/](http://crisisconnections.org/), call **988** or **911**, or **visit the nearest hospital emergency room**.

Confidentiality: The information shared within a counseling session is held with the deepest respect; therefore, all sessions are confidential. State law requires, however, that confidentiality be breached under the following circumstances:

- 1. Any form of suspected abuse of children, the elderly, or developmentally disabled adults.**
- 2. Threat or harm to oneself or others (or others' property).**
- 3. Subpoena by court order.**

Because I also live within the same general community in which I work, it is possible we may run into one another outside of counseling sessions. In order to respect your privacy, I will refrain from initiating contact should I see you out and about. If you should choose to greet me, I will graciously greet you in return ☺. However, I will save further interaction for our counseling sessions as the time and place to discuss anything in depth. This is in an effort to respect professional boundaries and contain the nature of our therapeutic relationship.

Records and Release of Information: Counseling records are considered health records and clients may ask for a summary of their care. Information will not be disclosed to others unless you direct the therapist to do so with written authorization.

Professional Back-Up: Should I ever be unexpectedly rendered incapacitated due to short or long-term disability or ultimate and untimely death, you will be contacted by or will have the opportunity to contact my colleague: *Jennifer Watson, Ph.D., (206) 331-2453 or drwatson@seattletherapyworks.com*. She will be available to help you through the effects of sudden termination and/or provide referrals to continue your work.

Theoretical Orientation and Approach to Therapy: According to the differing needs, issues, and personality of each client, the approach to therapy will vary. I draw mainly from the theories of Existentialism, Adlerian and Jungian Psychology, and Cognitive-Behavioral Therapy.

Termination: Beginning and ending therapy is largely your choice. I will periodically check in with you to help determine your path and there may even be a time when a referral to another professional is in order; however, deciding when to finish is significantly up to the client. Some people set an end time from the beginning; others leave the process open-ended. The important thing is to be clear on saying good-bye, whenever the time is right. Therefore, plan on at least one session following your decision and communication to terminate counseling. This is a critical part of a healthy counseling experience.

Counselor Training and Professional Experience (in chronological order):

- Bachelor of Arts, Psychology, Gonzaga University, Spokane, WA, 1991
- Member of the Washington Counseling Association, 1992-2020
- Member of the Washington School Counseling Association 1992-2011
- Master of Education, Counseling, Seattle University, Seattle, WA 1995
- Continuing Staff Associate Certification, School Counselor Endorsement, State of WA, #3423349H (Initial 1995, Continuing 2003-2014)
- Clinical and research work at the University of Washington, Department of Psychology, 1992-2002
- Member of the Board of Trustees, The Little School, 1997-2000
- School Counselor in both public and independent schools, 1998-2009
- Member of the Puget Sound Adlerian Society, 2006-2021 (Board Member 2007-2009)
- In Private Practice since 2007
- Certificate of Professional Studies in the Psychology of Alfred Adler, 2009
- Board Member of LYONS (Lutheran Youth of North Seattle), 2009-2010
- Adjunct Instructor at Seattle University, School of Education, Department of Counseling & School Psychology 2009-2011
- Licensed Mental Health Counselor, State of WA, #LH60117778, 2010
- Graduate of the Seattle Community Police Academy #29, 2010
- Member of Seattle Counseling Association, 2011-2020
- Member of American Counseling Association since 2013
- Graduate of the Seattle Police Department Victim Support Team Training Academy, 2014
- Volunteer for the Victim Support Team, Seattle Police Department, 2014-2016
- Volunteer for A Home Within, a national organization linking therapists and foster youth and former foster youth with weekly pro bono therapy, 2014-present
- Volunteer for Amara, a not-for-profit organization serving children in foster care, their families, and caregivers, 2019-2020
- Member of the Association for Spiritual, Ethical, and Religious Values in Counseling, since 2025

*Please feel free to ask for clarification and/or elaboration of any of the above statements.*