

## **Disclosure Statement for Rachel Newman, MA, MRP, LMHCA Mental Health Counselor Associate License: MC60235261**

In accordance with the Washington Administrative Code and the revised Code of Washington, the following Client Disclosure Information is provided for the client and must be signed by both the client(s) and counselor. **The client's signature indicates that she/he has read and understands the information and has received the Notice of Privacy Practices.**

**My Approach:** I use a systemic lens to view you, the client, as part of a larger system of relationships, and work with you to feel whole and healthy within that system. I use aspects of talk therapy and yoga, which includes physical movements, breath-work, and meditation to help you feel calm, grounded, and clear about your needs. I work with individuals, couples, families and groups to help improve communication, clarify relationships, and build the life you desire.

**Education and Training:** I received my BA in International and Intercultural Studies from Pitzer College in Claremont, CA. I received my Master's of Regional Planning from Cornell University in Ithaca, NY, and my Master's in Psychology from LIOS Graduate College (Kirkland, WA) of Saybrook University (San Francisco, CA). I have a 500-hour Affiliate Purna Yoga Teacher Certificate from The College of Purna Yoga in Bellevue WA. I have training in therapeutic yoga, leadership, intercultural intelligence, Internet and technology addiction, and undoing racism, and continue to receive training in mindfulness practices, mental health, and yoga.

### **Fee information and Cancellation Policy:**

Appointments are 55 minutes long and are billed at the following rates:

Individual: \$100/hr

Couple and Family Therapy: \$125

If you must cancel your appointment please contact me, during office hours (Monday-Friday), at least 24 hours in advance. This ensures I can see other clients in the opening and can plan accordingly. You will be responsible for the fee when cancellations are received less than 24 hours in advance.

I offer a sliding scale based on gross income (couples work is based on combined income):

<i>Annual Gross Income</i>	<i>Rate/hr</i>
\$40,000+	\$100
\$30,000-39,999	\$75
\$20,000-29,999	\$65
\$0-19,999	\$55

### **BENEFITS AND RISKS OF COUNSELING:**

Counseling has been shown to have many benefits. It often leads to symptom reduction or elimination, better relationships, higher self-esteem, increased resiliency, and solutions to specific problems. Counseling also has certain risks. Since it often involves discussing difficult aspects of your life, you may experience uncomfortable feelings such

