Brownes Addition
Wellness Center

Counselor Disclosure Statement

Naomi Leong, MS LMHC License #LH00008429
2013 W. 4th Ave #2, Spokane, WA 99201, 509.280.6195

Counselors are required by Washington state law (RCW 18.225.100) to provide written disclosure of the following information to clients before treatment begins, and to obtain signed consent to counseling once the client understands the information to their satisfaction. Clients are not liable for any fees or charges for services rendered prior to receipt of this Counselor Disclosure Statement. As a client, you have the responsibility to choose the provider and treatment modality which best suits your needs. You have the right to refuse or end counseling at any time without notice.

Professional Education and Training

I am a Licensed Mental Health Counselor (LMHC) in the state of Washington. I received a Master of Science degree in Counseling, Educational and Developmental Psychology from Eastern Washington University. In addition, I hold the following specializations and/or certifications:

- Registered Yoga Teacher (RYT)
- Certified Yoga Calm® Instructor
- Certified Provider of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Child Mental Health Specialist
- Mental Health Professional
- Certified in Sports and Fitness Psychology

Therapeutic Orientation

Healing the heart, mind, and body: I specialize in treating individuals with Anxiety, Post Traumatic Stress Disorder (PTSD) and other trauma-related disorders. I have been helping youth, families and individuals in Spokane since 2001. I am certified in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), one of the most widely researched treatments for trauma. This therapy focuses on identifying and changing unhelpful or irrational beliefs to feel better. I am also a Certified Yoga Calm® Instructor and a Registered Yoga Teacher. Yoga has many therapeutic benefits including decreasing anxiety and depression, increasing a person's ability to manage their emotions, and developing a positive relationship with the body. Yoga has been shown to be an effective supplementary treatment for PTSD and other mental health disorders. The treatment I provide takes a mind-body approach, using evidence-based practices including TF-CBT, Acceptance, and Commitment Therapy (ACT), Mindfulness, Meditation, and Yoga to promote healing and build resilience.

Limits of Confidentiality

As a professional, your privacy and confidentiality are of the utmost concern to me. I am required to inform you of the limits to Confidential Communication under RCW 18.19.180:

1. If there is a reason to believe that you are a danger to yourself or others;

2. If there is a reason to believe that a child has been neglected or abused;

3. If there is reason to believe that an elderly or disabled adult has been abused;

4. If you reveal to your counselor than you plan to commit a crime classified as a felony;

5. If the person is a minor, and the information acquired by the person registered under this chapter indicates that the minor was the victim or subject of a crime, the person registered may testify fully upon any examination, trial, or other proceeding in which the commission of the crime is the subject of the inquiry;

6. If the person waives the privilege by bringing charges against the person registered under this chapter;

7. In response to a subpoena from a court of law or the secretary;

8. With the written consent of that person or, in the case of death or disability, the person's personal representative, other person authorized to sue, or the beneficiary of an insurance policy on the person's life, health, or physical condition, including information required by any third party payor.

In addition:

(1) With the written consent of that person or, in the case of death or disability, the person's personal representative, other person authorized to sue, or the beneficiary of an insurance policy on the person's life, health, or physical condition;
(2) That a person registered under this chapter is not required to treat as confidential a communication that reveals the contemplation or commission of a crime or harmful act;
(3) If the person is a minor, and the information acquired by the person registered under this chapter indicates that the minor was the victim or subject of a crime, the person registered may testify fully upon any examination, trial, or other proceeding in which the commission of the crime is the subject of the inquiry;
(4) If the person waives the privilege by bringing charges against the person registered under this chapter;
(5) In response to a subpoena from a court of law or the secretary. The secretary may subpoena only records related to a complaint or report under chapter **18.130** RCW; or
(6) As required under chapter **26.44** RCW.

This RCW describes my duty to report child abuse and includes RCW 26.44.030

(1)(a) When any…counselor… has reasonable cause to believe that a child has suffered abuse or neglect, he or she shall report such incident, or cause a report to be made, to the proper law enforcement agency or to the department as provided in RCW **26.44.040**.

Billing Third Party Insurance Companies

The necessary information required for billing purposes will be released to third party insurance companies and/or medical billing services in order to receive payment for the mental health services you recieve. This information will be sent by secure channels.

Acts of Unprofessional Conduct

Counselors practicing therapy for a fee must be licensed with the Department of Health for the protection of the public health and safety. Licensing of an individual with the Department does not include recognition of any practice standards, or necessarily imply the effectiveness of any treatment. Washington state law requires me to provide clients with a copy of the acts of Unprofessional Conduct along with contact information for the Washington State Department of Health should you want to make a complaint. A copy of RCW 18.130.180 is attached for that purpose. The contact information is:

Washington State Department of Health
Health Systems Quality Assurance
Complaint Intake
P.O. Box 47857
Olympia, WA 98504-7857
360.236.4700

Financial Requirements

Sessions are 50 minutes in length. Payment for counseling sessions must be made by cash, check or card at the time of service. This includes self-payor fees, any applicable insurance copays or co-insurance payments. When we make an appointment, I will hold that 50-minute time period open for you. If you are unable to keep your scheduled appointment for any reason, please notify me of the need to cancel/reschedule at least 24 hours prior to the time of your appointment. There will be no charge for appointments canceled 24 hours or more in advance. The regular fee for the session may be charged for appointments canceled for any reason with less than 24 hour advance notice. This fee will be paid at your next scheduled appointment.

A collection agency may be contracted with in the case of unpaid fees for services agreed upon and necessary information to collect debts will be released to the agency.

No Show and Discharge Policy

If you do not show for a scheduled appointment, I will attempt to contact you to reschedule. If I do not hear back from you within the indicated time period, your case will be closed. If you do not show for two scheduled appointments, your case will be closed. You are always welcome to return for services in the future.

My Contact Information and Accessing After Hours/Emergency Services

I do not provide emergency after hours services. I can be reached by phone at 509-280-6195, Monday through Friday from 9 am to 7 pm and I will return your call as soon as possible. If you are experiencing an emergency and need immediate help, the following resources are available:

National Suicide Lifeline
1 (800) 273-TALK
www.suicidepreventionlifeline.org

First Call for Help Crisis Hotline
(509) 838-4428

OR Call 911

OR walk into any hospital emergency room

Electronic Communication

I understand that text (SMS) service is not secure and is not considered a confidential form of communication. Naomi's secure, confidential email is:

naomileong@brownesadditionwellnesscenter.com

By initialing the “yes” blank below I hereby waive confidentiality and give consent to communicate by text (SMS). If I initiate communication by text, that action itself will serve as consent and waiver of confidentiality.

_____ No ____ Yes

Informed Consent

With my signature, I acknowledge that I have read and I understand the attached disclosure statement describing the professional education and training, therapeutic orientation, Financial Requirements, No Show and Discharge Policy, and Contact Information for Naomi Leong, MS LMHC's counseling practice. I have also received information about Limits to Confidentiality including mandated reporting and Billing Third Party Insurance Companies, How to Access After Hours/Emergency Services, and Acts of Unprofessional Conduct. I have had the opportunity to ask questions and I have received a copy of this Counselor Disclosure Statement. I understand I am encouraged to discuss any of the above with my counselor should I have questions or concerns.

I understand that

___My insurance will be billed for services I receive

___I will be paying cash at the time of service in the amount of _____

Having read and understood this information, I hereby give my consent for Naomi Leong, MS LMHC to provide counseling services for myself or for the following minor (age 12 or younger) of whom I am the legal guardian.

_____ _____

Client Signature (13 and older) Date

_____ _____

Parent/Guardian Signature Date

RCW 18.130.180

Unprofessional conduct.

The following conduct, acts, or conditions constitute unprofessional conduct for any license holder under the jurisdiction of this chapter:

(1) The commission of any act involving moral turpitude, dishonesty, or corruption relating to the practice of the person's profession, whether the act constitutes a crime or not. If the act constitutes a crime, conviction in a criminal proceeding is not a condition precedent to disciplinary action. Upon such a conviction, however, the judgment and sentence is conclusive evidence at the ensuing disciplinary hearing of the guilt of the license holder of the crime described in the indictment or information, and of the person's violation of the statute on which it is based. For the purposes of this section, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for the conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RCW;

(2) Misrepresentation or concealment of a material fact in obtaining a license or in reinstatement thereof;

(3) All advertising which is false, fraudulent, or misleading;

(4) Incompetence, negligence, or malpractice which results in injury to a patient or which creates an unreasonable risk that a patient may be harmed. The use of a nontraditional treatment by itself shall not constitute unprofessional conduct, provided that it does not result in injury to a patient or create an unreasonable risk that a patient may be harmed;

(5) Suspension, revocation, or restriction of the individual's license to practice any health care profession by competent authority in any state, federal, or foreign jurisdiction, a certified copy of the order, stipulation, or agreement being conclusive evidence of the revocation, suspension, or restriction;

(6) Except when authorized by *RCW 18.130.345, the possession, use, prescription for use, or distribution of controlled substances or legend drugs in any way other than for legitimate or therapeutic purposes, diversion of controlled substances or legend drugs, the violation of any drug law, or prescribing controlled substances for oneself;

(7) Violation of any state or federal statute or administrative rule regulating the profession in question, including any statute or rule defining or establishing standards of patient care or professional conduct or practice;

(8) Failure to cooperate with the disciplining authority by:

(a) Not furnishing any papers, documents, records, or other items;

(b) Not furnishing in writing a full and complete explanation covering the matter contained in the complaint filed with the disciplining authority;

(c) Not responding to subpoenas issued by the disciplining authority, whether or not the recipient of the subpoena is the accused in the proceeding; or

(d) Not providing reasonable and timely access for authorized representatives of the disciplining authority seeking to perform practice reviews at facilities utilized by the license holder;

(9) Failure to comply with an order issued by the disciplining authority or a stipulation for informal disposition entered into with the disciplining authority;

(10) Aiding or abetting an unlicensed person to practice when a license is required;

(11) Violations of rules established by any health agency;

(12) Practice beyond the scope of practice as defined by law or rule;

(13) Misrepresentation or fraud in any aspect of the conduct of the business or profession;

(14) Failure to adequately supervise auxiliary staff to the extent that the consumer's health or safety is at risk;

(15) Engaging in a profession involving contact with the public while suffering from a contagious or infectious disease involving serious risk to public health;

(16) Promotion for personal gain of any unnecessary or inefficacious drug, device, treatment, procedure, or service;

(17) Conviction of any gross misdemeanor or felony relating to the practice of the person's profession. For the purposes of this subsection, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter **9.96A** RCW;

(18) The procuring, or aiding or abetting in procuring, a criminal abortion;

(19) The offering, undertaking, or agreeing to cure or treat disease by a secret method, procedure, treatment, or medicine, or the treating, operating, or prescribing for any health condition by a method, means, or procedure which the licensee refuses to divulge upon demand of the disciplining authority;

(20) The willful betrayal of a practitioner-patient privilege as recognized by law;

(21) Violation of chapter **19.68** RCW;

(22) Interference with an investigation or disciplinary proceeding by willful misrepresentation of facts before the disciplining authority or its authorized representative, or by the use of threats or harassment against any patient or witness to prevent them from providing evidence in a disciplinary proceeding or any other legal action, or by the use of financial inducements to any patient or witness to prevent or attempt to prevent him or her from providing evidence in a disciplinary proceeding;

(23) Current misuse of:

(a) Alcohol;

(b) Controlled substances; or

(c) Legend drugs;

(24) Abuse of a client or patient or sexual contact with a client or patient;

(25) Acceptance of more than a nominal gratuity, hospitality, or subsidy offered by a representative or vendor of medical or health-related products or services intended for patients, in contemplation of a sale or for use in research publishable in professional journals, where a conflict of interest is presented, as defined by rules of the disciplining authority, in consultation with the department, based on recognized professional ethical standards.