

ADDing Solutions

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Psychotherapy

The commonly delineated goals of psychotherapy are to relieve symptoms that are distressing or disturbing to you; to enhance your ability to function in the world; and to hone skills designed to create a life that better suits your desires and needs. Therapy is a collaborative process based on a supportive, interactive, and honest relationship. My therapeutic style combines cognitive/reality therapy in conjunction with interpretive and supportive communication. My approach focuses on uncovering the truths within yourself, which will direct your development. The defenses that you employed, usually a necessary and workable construction at the time devised, can ultimately lead to hiding your own truth/self. The maintenance of such defenses inherently lessens your awareness of the extent to which they limit your current life. An essential goal, over time, is to become aware of these limitations and find the freedom and safety to accept and express your inner self. The newly discovered awareness and information then provides you the opportunity to make conscious choices in the present, with all of your self, to further your own goals.

My goal is to hear the problems prompted you to seek assistance, and to provide you with novel frameworks for your consideration, as you clarify and define your motives and needs. I will accept you with honest curiosity and a non-judgmental attitude. This grants me the ability to learn from, understand and appreciate your complexity and gain wisdom, myself. I am comfortable operating from the knowledge that I am fallible, that pre-conceptions and rigid diagnoses preclude real growth and that you are the most knowledgeable director for your treatment. I operate as a guide, using your clues and intuitions, to discern and suggest hidden paths. Therefore, I operate from a flexible and open position, because based on my experience, the process of engaging in a real relationship in itself, provides profound change. I believe the essential elements of therapy, which manifest within the boundaries of the therapeutic relationship, are to provide you with an experience of safety, of acceptance, of familiarity, of ease, and an opportunity to operate from your essential self. The shifts that occur within you as a result is transferable to other relationships, and can provide emotional maps necessary to function as your best self.

I may ask you to do written work or reading to enhance your self-awareness and understanding. Largely, during the course of therapy, you will become more conscious and accepting of your thoughts, feelings, behaviors and motivations; this is the foundation from which you are able to make astute and judicious choices in your life. Since therapy is based on an interactive and honest relationship, and many feelings are evoked in the process, I encourage you to discuss any of them as they occur, or as you become aware of them during our work together. Throughout the therapeutic process, treatment goals are discussed and can be changed, but the determination of such goals remains your sole prerogative. As a client, your rights include: the initial and ongoing choice to work with me; the determination of the treatment period; the freedom to question my

methods and procedures; the freedom to refuse treatment; and the freedom to work with the therapist of your choice.

Confidentiality

The knowledge that I will honor your privacy is an essential element in the therapeutic relationship. Such trust is the basic component in the development of the safe environment required for self-exploration. I will hold your conversations in confidence, yet also work within guidelines, which conform, with Washington State law and ethical practice. The legal and ethical exceptions to maintaining your confidentiality are: the suspicion of child abuse; the threat to harm oneself or others; the legal subpoena of documents regarding our work; the written receipt of your permission to talk with a specific person; the (varying) requirements of insurance companies regarding diagnostic information, when you choose to use their benefits (when applicable).

Fees

My fee is \$175.00 for an initial session, usually 75 minutes, and \$110.00 per 50-minute session, subject to periodic increases. I request payment at the time of service and will provide a monthly statement for your records. I will reserve our regular appointment times for you unless we agree to changes in advance. I DO charge for missed appointments unless you have given notice during a previous appointment. There is NO 24-48 hour cancellation option. I will be flexible, however, in re-scheduling in case of illness or emergency; if such rescheduling can occur within one week, only the make-up appointment will be charged to your account. If such make-up appointments cannot be made, either from constraints in my schedule or yours, the missed appointment will be charged to your account. Prompt payment is always required.

Phone availability and vacation coverage

You may phone me directly at 206-335-8467 or leave me a voice mail. This is my cell phone. I carry it with me and check for messages frequently. If you need immediate help, please call 911 or the crisis line: (206) 461-3222. When I am on vacation, I can arrange for a colleague to be available for you, if you prefer.

Training and credentials

I received my Master's in Social Work at the University Of Michigan School Of Social Work in 1977 and the ACSW certification in 1979. I have been a psychotherapist and program director for at-risk adults in community mental health, and a psychotherapist and treatment team leader for children and adolescents in a long-term inpatient psychiatric hospital. At ETC Preparatory Academy on Mercer Island, I taught English and Humanities, one-on-one, to a diverse population of high school students, particularly those with ADD/ADHD and dual diagnoses. I devised curriculum tailored to the individual needs of each student. In addition, I coached parents and adolescents on life skills/issues related to ADD/ADHD. Most recently, and concurrent with my private practice, I provide pre-and post home assessments for international adoptions. In my private practice, I specialize in the treatment of children, adolescents and adults with learning disabilities, dual diagnoses and addictions. I have extensive knowledge of and experience with treatment of addictions. I am also a Licensed Independent Clinical Social Worker in Washington State (License # LW00008671).

Client rights and responsibilities

In addition to the rights delineated in the psychotherapy section of this document, you have other rights, in accordance with applicable laws. If problems arise during the treatment process and you feel I am unresponsive to your concerns, you have the right to contact the Washington State Department of Health at PO Box 90122, Olympia WA 98504. (360) 753-1761. You also have the right to review your record of our work together. My normal treatment fees will apply for such session reviews. In conjunction, you have the right to question and correct my records verbally and/or in writing. Washington State code (WAC 246-810-030 and 031) states that "Counselors practicing for a fee must be registered or certified with the Department of Licensing 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."

Consent

I have read and received a copy of these Practice Policies. I will pay the fee for each session at the time of service, or as otherwise agreed.

If my child is the client, I give my permission for treatment.

Client Signature(s)

Date Signed

Susan M. Ross, MSW, ACSW, LICSW

Date Signed