

Sungate Integral Coaching
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Integral Coach
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Professional Disclosure Statement

Welcome. As part of our working relationship, this document will help make clear the rights and responsibilities we share. I ask that you read the following information carefully and please feel free to bring up any questions you may have.

Professional Qualifications: I have a Master of Arts in Clinical Psychology from Antioch University in Seattle. My B.A. is in Communications from University of San Diego. I am in the process of receiving Certification in Integral Coaching, and am working toward my Licensed Clinical Professional Counseling (L.C.P.C) qualification in Montana. My clinical experience prior to private practice includes working with adults and couples at a community mental health agency in Seattle, both as a therapist and as an assessor. For 3 years I counseled adolescent boys in a residential treatment center in Seattle. Most recently I've supported parents and teachers as a Parent Liaison in Bozeman. I've participated in numerous professional trainings, and facilitated Love and Logic workshops for parents of grade schoolers. Writing parenting articles for Montana Parent Magazine over the last year keeps my creative juices flowing. I have a husband of almost 20 years, and two teenage daughters. Speaking Spanish and traveling are two of my passions.

My Approach to Our Work: I meet with individuals and couples using a variety of approaches. My work with each person is determined by the problem that arises, and where you find yourself--cognitively, physically, emotionally, and spiritually. I generally work with a client's life story to understand origins of belief, and to find creative ways to reframe deep rooted systems so they are not limiting. Since humans function within many cultures (home, town, state, country, work, school, etc.) our past and present environments must be considered when working to effect change. I draw from many theories in my work, and am happy to discuss with you my learning, reading, continued education and personal growth. Depending on what is helpful to our work together, I may suggest a focus on dreams, art, somatic awareness, mindfulness, writing, interactional practice, stress reduction, communication techniques, parenting strategies and visualization. Courage, a willingness to try new things, and an open mind will be important, but I will always check to be sure you feel supported and ready before we forge an unfamiliar path.

Commitment to Change: Effective work with me requires a commitment. As with other efforts, you will get out of it what you put into it. My job is to serve as a coach and guide, suggesting changes and paths to explore. It is up to you to try things and then listen to yourself as to

whether it feels right nor not. It will not always be comfortable. That is the nature of personal growth. I will work with your strengths and we will build on those, and then approach troubled areas with the goal of working toward a balanced, whole, authentic self.

Responsibility for Choice of Treatment: It is your right and responsibility to decide whether to engage in any course of work. I encourage you to discuss with me what you wish to accomplish during our time together. Your goals and means of treatment can be discussed at any time, and will be reviewed regularly. You may stop our work together at any time and for any reason.

Fees and Payment: My regular fee for a 50 minute session is \$100. I work on a sliding scale basis if needed, and will talk with you to find a fee that is acceptable to both of us.

Appointments: The time we agree upon will be held exclusively for you. If you arrive late, the session cannot be extended. There is no charge for appointments cancelled with 24 hours notice. In the case of missed appointments without notification, you are responsible for full payment. This includes phone appointments.

Confidentiality: All issues discussed are strictly confidential. By law, information concerning our work together may be released only with written consent of the person treated, or in the case of a person under 13 years, that person's parent or guardian. The law requires a release of confidential information in three situations: 1. Reported or suspected abuse of a person 2. Serious suicidal potential 3. Threatened harm to another person. In addition, when providing for the welfare of a minor, the court may subpoena records. Any release of confidential information will be discussed with you.

For your benefit, and for my professional growth, I seek supervision as well as consultation with other professionals. I will be careful to avoid disclosing identifying information when I do this.

During and After-Hours: Please leave a message or text on my confidential voicemail 406-570-1304. I check it regularly. I will make every effort to return your call as soon as possible. The phone system occasionally drops calls, so if you don't hear from me, please try again. If you are calling during an emergency and can't get me, please call the Help Center at 586-3333, or call 911, or head to the emergency room at the hospital.

Consent: I have read the above information and clarified any questions I have. I agree to the stated terms.

CLIENT _____ Date _____

PARENT/GUARDIAN _____ Date _____