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DISCLOSURE AND CONFIDENTIALITY STATEMENT – Jeanne L. Meyer, LMHC, MAC, LPC

Washington and Oregon State laws requires that all mental health professionals present to new clients a disclosure statement that specifies the therapist's background, experience, theoretical orientation, and approach to services. This disclosure statement is intended to help you become a more informed consumer about these aspects of my clinical practice. In Washington, the State Dept. of Health oversees mental health care and can be contacted at (360) 236 4901. In Oregon, the Board of Licensed Professional Counselors and Therapists can be contacted at (503) 378-5499.

Washington State License: Licensed Mental Health Counselor LH00008054
NAADAC Certificate: Master Addiction Counselor 502037
EMDRIA Certificate: Certified EMDR Therapist
Oregon State License: Licensed Professional Counselor C0938

I have a Bachelors of Arts (1984) and a Master of Science (1988) from the University of Oregon. Subsequently, I have had numerous trainings about a variety of topics. I have completed the trainings, experience and consultation necessary to be a Certified EMDR Therapist. I am a clinical member of The American Counseling Association, EMDR International Association (EMDRIA) and the National Association for Addiction Professionals (NAADAC.) I work with individuals, couples and groups.

PHILOSOPHY:

Everyone has a drive to make their lives better. We all do the best we can with the information and resources that we have. Unfortunately, sometimes we have not learned correct information, have adequate skills to manage the complications of life, or know what to do when. Working with me provides you an opportunity to gain from my knowledge, experience, skills and insight in a way that will improve your life.

METHOD:

I provide therapy based on your goals, and history. I provide mental health assessments, DSM-5 diagnosis, and referral for medication evaluation and management if necessary. In addition, we will look carefully at any addictive behavior since it directly impacts people's ability to achieve their dreams. I help people clarify their goals and see any discrepancies between those goals and behavior. I help identify and experience feelings, so you can manage emotions rather than having emotions manage you. My counseling style, while empathetic, tends to be very direct. I use various tools to help clients be aware of their own behaviors, thoughts, beliefs, feelings and relationship dynamics. I teach a variety of skills that come from Dialectical Behavioral Therapy (DBT). I use Eye Movement Desensitization and Reprocessing (EMDR) Therapy to assist people overcome past hurts and trauma. In couples counseling I focus primarily on healthy communication skills as many of the problems that couples face are based on not understanding each other.

AREAS OF EXPERTISE:

Mental health and substance abuse (co-occurring disorders), addiction recovery, sexual abuse, childhood abuse, trauma, depression, anxiety, post-traumatic stress disorder (PTSD), Bipolar Disorders, Personality Disorders, relationship problems, recovery process, relapse prevention, issues of the GLBT community.

LENGTH OF TREATMENT:

Length of treatment will vary according to the nature of your challenges. Some treatment is very brief (several sessions) and some lasts for an extended period of time. Average length of treatment is generally 6 to 12 sessions. By the end of our second session we will develop an initial treatment plan outlining the steps we take for you to reach your goals.

CONFIDENTIALITY AND CLIENT RIGHTS:

As a client, you can raise questions about my therapeutic approach or request a referral if you believe you might make more progress with another therapist. I will be glad to discuss these matters with you and refer you to another therapist at your request. You have the right to confidentiality. I am ethically and legally bound not to release any information to anyone without your written permission. The only exceptions are consultations with other clinicians, or as required by Washington state or Federal law

