

Disclosure Statement

Karen Noble-Newman, MA, LMHC
East Lake Union Counselors
2366 Eastlake Ave. E., suite 239
Seattle, WA 98102
206 909-1937
karennoblnewman@gmail.com

Credentials & Education:

- Licensed Mental Health Counselor, 2005, Washington, license # LH00009970
- Master of Arts in Psychology, Mental Health Counseling, 2001, Antioch University, Seattle, Washington
- B.S. Education-Special Education Major, 1977, University of Virginia, Charlottesville, Virginia

Work Experience:

- Therapist in Private Practice. Specializing in women's issues. Experience in helping women with relationship issues, work/life balance, parenting concerns, healing from childhood trauma, and anxiety and depression
- Two years experience as substitute Special Education Assistant, Seattle Public Schools
- Three years experience providing individual, family, and play therapy, as well as case management to homeless families as a Mental Health Outreach Specialist
- One year working as a Mental Health Clinician with severely emotionally disturbed children in self contained special education classroom
- One year working at the Inpatient Psychiatric Unit of Children's Hospital
- Over 10 years experience working with homeless children and families as a Family Counselor and Case Manager, at a shelter and school
- Seven years experience as a stay at home mother with three daughters
- Two years experience as a Child Welfare Caseworker with DSHS, Washington

- Two years experience with Head Start of the Lehigh Valley, Pennsylvania

Types of Counseling Provided:

- Individual therapy for adult women and older adolescents.
Consultation and support for parents.

Philosophy:

All children and families struggle at times with difficult issues. I believe in the resiliency of the human spirit and in people's abilities to heal and recover. I understand individuals in the context of their family, their family's values and spiritual beliefs, and their communities. I also endeavor to build on an individual's strengths to help them weather the hard times.

I use a variety of methods and techniques, most of which are based on humanistic psychology and an understanding of family dynamics. Depending on the needs and interests of my client, I may use talk therapy, cognitive behavioral techniques, clinical case management, and psychoeducation.

Confidentiality:

As mandated by Washington State law, everything discussed within the therapy relationship is confidential. However, under the following circumstances, I am required by law to disclose information:

- If you or the parent of a minor child signs a release of information requesting that I share or exchange information with another person or agency.
- If I suspect or you disclose that you or a child, disabled adult, or elderly adult is being neglected or abused, I am mandated by law to report the suspected abuse or neglect to the proper authorities.
- If I suspect that you are a danger to yourself, to someone else, or that you are unable to care for yourself, I am required to act to protect you or the other person. This could include informing the person that has been threatened, calling the police, or suggesting that you seek hospitalization.
- If I am court ordered to disclose information, I must comply.

In order to provide you and your family the best possible treatment, I may consult with professional colleagues and my supervisor. They too are required to keep information we discuss in strict confidence. In order to protect your privacy, I will not use your name or identifying information during consultation.

Emergencies:

If you have a medical or safety emergency, you may call 911. If you need to speak with me, please call my office number: 206-909-1937 and leave me a message. I will return your call as soon as I can.

If you need immediate assistance, you may call the King County Crisis line at 206-461-3222. You may also go to your closest hospital emergency room. If I am away from my office due to vacation, I will inform you and arrange for a colleague to cover for me during my absence.

Fees:

The fee for individual therapy is \$120 for a 50-55 minute appointment. I accept checks, credit cards, and cash. A sliding scale is available.

Insurance:

At this time, I am on the insurance panel for **Regence, First Choice Health,** and **Group Health.** If you have another plan, I am happy to provide you with a receipt that you can submit to your insurance company so you can be reimbursed.

I am also on the **EAP** panels for **First Choice Health, APS Healthcare** and **Wellspring.**

Cancellations:

If you need to cancel an appointment, please give me 24 hours notice. Without 24 hours notice for cancelled appointments, I will expect payment for the cancelled session.

Questions: If you have any questions or concerns, please give me a call. You have a right and responsibility to be involved in every aspect of treatment.

Signature Page

By signing this document, you are agreeing to the following:

1. I have read and understood the above disclosure statement for Karen Noble-Newman and have clarified any questions I may have.
2. I consent to treatment and am in agreement with the terms described above.

Print name

Signature

Date

Karen Noble-Newman, MA, LMHC

Date