

August 2, 2018

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PROFESSIONAL DISCLOSURE STATEMENT

Philosophy, Approach, Private Practice:

My focus is always that everyone deserves the utmost respect for his/her process of healing, gaining professional help with challenging situations, and reaching personal goals in a genuinely safe, respectful environment. I'm an advocate for personal rights, healthy relationships and groups that support commonalities, differences, autonomy, connection and individual growth.

I understand that our responses and behavior "make sense", given our history. As studies have shown and I have observed, the quality of the relationship between therapist and client, including a client's trust of and feeling understood by the therapist, are primary factors in healing and change. I endeavor to maintain a safe, trusting, equal power dynamic and accurately attuned relationship with each client.

Areas of Expertise:

Loss and Trauma; Relationship Issues; High Demand/Abusive Groups and Relationships; Spousal/Partner Abuse; Couples Counseling; Parent Loss/Early Parent Loss; Motherless Daughters (women who have lost their mothers through death, illness, separation, estrangement in childhood, adolescence, or adulthood); Mother-Daughter Relationships; Family System Issues and Conflict Resolution; Depression; Anxiety; Difficult Transitions; Meaning of Life Issues.

Clinical Orientation:

Working collaboratively and interactively with each client based on individual need, I use a strength based, integrative cognitive, relational, psychodynamic, family systems orientation. I also incorporate mindfulness practice and interpersonal neurobiology findings and practice. I see individuals, couples, families, and facilitate groups, workshops, and trainings face to face and via internet or phone. Clients work with me longer-term, for brief therapy, or in consultations, their choice. I understand the deep influence of family, groups, and relationships and how they can enhance or obstruct personal growth. I value the richness and mutual support healthy groups and relationships offer along with corrective relational experiences or better outcomes than in the past.

Experience:

I have over 25 years of experience as a licensed psychotherapist, maintaining a general private practice in Marin County, CA. I maintain ethical standards and I'm committed to support each client's well-being. I work with individuals, couples, families, and groups. I provide consultations, counseling, psychotherapy, workshops and trainings in my Kentfield or West Marin offices and through phone, Zoom, Doxy.me or internet sessions. I also present at various professional organizations. I am a clinical therapist at the Center for Domestic Peace as Group working with domestic abuse and domestic violence survivors. I **provide neither custody evaluation recommendation, prescription recommendation, or legal advice**, as these activities do not fall within my scope of practice.

August 2, 2018

Licensure, Education:

I am a **Licensed Marriage and Family Therapist (LMFT) MFC29249** since 1992 in good standing in the state of California. As a LMFT, I am trained to assess, diagnose and treat individuals, couples, families and groups to achieve more adequate, satisfying and productive social, marriage, and family adjustment. As an LMFT, I have completed 3,000 hours of supervised experience and at least 36 hours of Continuing Education every two year license renewal period.

I have a **M.A. Degree in Clinical Psychology**, graduating in 1987, from John F. Kennedy University in Orinda, California, accredited by the Western Association of Schools and Colleges. I received my **B.A. Degree in Psychology**, graduating with honors from San Francisco State University, San Francisco, California. I have maintained a general private practice in Mill Valley (20 years), and currently in Kentfield, Marin County, SF Bay Area.

Expectations in Psychotherapy

Participation in therapy can result in several benefits, including improving interpersonal relationships and resolution of the specific concerns. Collaboratively working toward these benefits, however, requires effort on your part as well as mine. Psychotherapy requires your very active involvement and honesty in order to make changes you seek. I will ask for your feedback and views on your therapy, its progress, and other aspects of the therapy and will expect you to respond openly and honestly. During therapy, remembering or talking about unpleasant events, feelings, or thoughts can result in you experiencing discomfort or strong feelings of anger, sadness, worry, fear, anxiety, etc. You can also feel relief and validation that your responses are “normal”. I may suggest different ways of looking at, thinking about, or handling situations. Attempting to resolve issues that brought you to therapy in the first place, such as personal or interpersonal relationships, may result in unexpected changes. Sometimes a decision that is positive for one family member is viewed quite negatively by another family member, at least initially. Change will sometimes be easy and can be slow and even frustrating. There is no guarantee that psychotherapy will yield positive or intended results. The process of healing and change is an individual process, step by step.

Confidentiality, Individual, Couple or Family Units:

Information disclosed within sessions and the written records pertaining to those sessions are confidential and may not be revealed to anyone without your written permission except where disclosure is required by law. The circumstances where disclosure is required by law are the following: where there is a reasonable suspicion of child, dependent, or elder abuse or neglect; where a client presents a danger to self or to another, or when a client's family members communicate to me that the client presents a danger to others. Disclosure may also be required pursuant to a legal proceeding. If a client's mental status is at issue in litigation initiated by a client, the defendant may have the right to obtain the psychotherapy records and/or testimony by me. If any of the above occurs, I will consult with someone outside our relationship, and give prior notification of my need to do so to the client(s) first.

A couple or family is considered a “client unit”. Based on my professional judgment and the needs, goals, and well-being of the couple or family, I may see a member of the unit individually or conjointly. I also have a “no secrets” policy for couples and families, excluding adolescents who often will not disclose if the therapist will give the information to parents. The exception is if this information involves

August 2, 2018

serious risk. I will use my best judgment in relating information I obtain individually to the family or couple unit if this information appears essential to the well-being of all concerned. If an individual does not want me to disclose information we will discuss this concern together and if I feel I cannot work effectively without disclosure, then I will withdraw as therapist for the couple or family.

Termination Policy:

The client has the right to terminate therapy at any time and I have the right to terminate therapy at my discretion. Upon either party's decision to terminate therapy, I will generally recommend that the client participate in at least one, or possibly more, termination sessions. These sessions are intended to facilitate a positive termination experience and give both parties an opportunity to reflect on the work that has been done. I will also attempt to ensure a smooth transition to another therapist by offering referrals to the client. If I initiate termination, the reasons include, but are not limited to, untimely payment of fees, failure to comply with treatment recommendations, conflicts of interest, failure to participate in therapy. Other termination reasons are that the client's needs are outside of my scope of competence or practice, or the client is not making adequate progress in therapy. I do not work with clients who, in my opinion, I do not feel able to adequately help. In such a case, if appropriate, I will give the client referrals. If at any point during psychotherapy I assess that I am not effective in helping a client reach therapeutic goals I will discuss termination of treatment.

Telemedicine and Telecommunication:

I offer telemedicine that includes the practice of health care delivery, diagnosis, consultation, treatment, transfer of medical data and education using interactive audio, video, or data communications. HIPAA-compliant internet options are Doxy.me and Zoom. I also offer telecommunication for workshops and trainings. These alternatives to face-to-face office sessions: 1) save time and expense in traveling, 2) are helpful to those with a medical condition, 3) allow clients to consult with a therapist who has a specific specialty, or 4) for continuing care following a move or vacation, in some cases. **The client can choose face-to-face sessions only, a combination of face-to-face and telehealth sessions, or telehealth sessions only.**

Fees:

\$150.00 for each hour session, \$100.00 for each 30 minute session, and \$45.00 or \$50.00 per group session and depending on the group, unless otherwise agreed upon. For individual sessions in conjunction with participating in group, fee is \$100.00 each hour session. For couple counseling or family sessions, initial session is usually 1½ hours, for a fee of \$200.00. Payment is due at the time of our office session, with cash, check, credit card or PayPal or prior to telehealth sessions. Upon beginning participation in group, an initial payment of four sessions is due, and following this, payments are due at the first session of every month for the group sessions that month. Unless otherwise agreed to, your monthly group fee payment is not refundable for absences as I save the place for you and consider how your participation will positively affect others in group. I offer some flexibility based on individual situations and some reduced fees based on individual need.

Private Pay:

August 2, 2018

To devote more time to client hours and to maintain client confidentiality from insurances, I am a **private pay practitioner** and an **out-of-network provider**. At client's request, I can provide a "super bill" statement that clients can take to their insurance for any reimbursements they may give.

Cancellation:

For individual, couple, or family sessions, I request a cancellation 24 hours ahead of time or clients will generally be billed for the time I save for them. Unless otherwise noted, for group participants, refunds are not given for missed sessions since I save the space for each participant. Breaks are taken for vacations/holidays.

Email: Email exchanges between therapist and client are confidential and I have taken steps to protect the privacy of the communication. I have password protection, firewalls, anti-virus software, and encrypted email but with all of these precautions in place, a possibility exists for email hacking. Clients should take precaution with texting, as this is not encrypted. With this in mind, please email or text information you feel comfortable to send.

Emergency and Vacation Information:

If there is an emergency during therapy and I become concerned about a client's personal safety, the possibility of a client injuring someone else, or about a client receiving proper psychiatric care, I will do whatever I can within the limits of the law, to prevent such injury and ensure that clients receive the proper medical care. For this purpose, I may also contact the person whose name you have provided on the Client Intake Form.

I check my emails and phone messages frequently and try to return calls within 24 hours Monday-Friday. Weekend calls are usually returned on Monday. If I can't be reached and clients have an emergency, they can call 911 or the Marin Crisis Unit at 415-499-6666 or the SF 24-hour Crisis Line at 415-781-0500. If I am on vacation, I will provide you with the name of an experienced therapist if an appointment is needed in my absence.

Treatment Plans:

Within a reasonable period of time after the initiation of treatment, I will discuss my working understanding of the problem, treatment plan, therapeutic objectives, and my view of the possible outcomes of treatment. If a client has any unanswered questions about any of the procedures used in the course of therapy, ask me. Clients also have the right to ask about other treatments for their condition including risks and benefits.

Certifications:

Certified Group Psychotherapist (CGP) with the American Group Psychotherapy Association since 2003. CGPs have met nationally accepted criteria of education, training and experience in group psychotherapy. A CGP is considered an expert in group psychotherapy and an ethical practitioner who is committed to group psychotherapy as an autonomous treatment modality.

Certified Grief Therapist, Intensive Loss and Grief Training at Our House Grief Support Center in Los Angeles, CA (2013)

Certified Domestic Violence Advocate, Group/Individual Therapist , Team Developer for the Surviving Parent and Child Group Program In This Together (ITT) (2014-2015) and

Group/Individual Therapist (2014-present) with the Center for Domestic Peace, San Rafael, CA; **Mediation and Conflict Resolution**, 1998, Steven Rosenberg, Attorney, Mill Valley, CA;

August 2, 2018

Shared Parenting Support Program, 1996, Frank Leek, PhD, Sacramento, CA

Post-Graduate Education

I am fortunate to have on-going training and consultations with many highly-respected mental health professionals in the San Francisco Bay Area. In June, 2008, I completed a nine-month Post-Graduate Psychotherapy Training Program with the **San Francisco Psychotherapy Research Group (SFPRG)** on the theory and practice of psychotherapy. I continue to deepen my knowledge of and competence in clinical treatment for individuals, couples, and groups. I attend trainings for loss, grief, trauma and its treatment, studying and attending online training and conferences presented by leaders in the field, including Bessel van der Kolk, MD (Mill Valley, 2003; SF, 2008); John Briere, PhD (SF, 2009); Janine Fisher (2018), presentations by the American Group Psychotherapy Association; the Northern CA Group Psychotherapy Society (NCGPS) 1997-present, and presentations at SF Psychotherapy Research (SF, 2008, 2009, 2010, 2013, 2014).

Presentations, Journal Articles, Books

For the past 20 years, I have attended and presented at the Northern California Group Psychotherapy Society Annual Conference/Training Institute at the Asilomar Conference Center in Pacific Grove, CA, the International Cultic Studies Association, the Marin California Association of Marriage and Family Therapists, and other venues in various states. I have authored published journal articles and facilitate workshops related to those affected by authoritarian, high-demand groups and relationships, including an online workshop: *Behave, Believe, Become – Or Not!* for former members, including those born and raised. I have authored a chapter in “Celebrating the Wounded Healer Psychotherapist: Pain, Post-Traumatic Growth and Self-Disclosure” Edited by Sharon Farber (Routledge, 2017).

Agencies

I have worked at the following SF Bay Area Agencies as Primary Therapist: Marin Community Mental Health, Family and Child Division; San Francisco Children’s Hospital Child Crisis Services; Center for Attitudinal Healing; Clement Street Counseling Services; Assisted Independent Living Programs, SF & Marin, for those with severe mental illness; Centerpoint Adolescent Drug and Alcohol Treatment; Marin County Juvenile Drug Court Team.

Professional Memberships:

California Association of Marriage and Family Therapists; San Francisco Psychotherapy Research Group; Northern California Group Psychotherapy Society; Marin California Association of Marriage and Family Therapists.

I have carefully read this Professional Disclosure Statement and I understand it. Any questions have been explained to me.

Client Signature(s)

Date