

**RENA ZIEGLER, MSW, ACSW
ASSOCIATES IN MENTAL HEALTH
1715 C Street Bellingham, Washington 98225
(360) 734 - 5071 Ext. 208**

THERAPY INFORMATION SHEET
(in compliance with Revised Code of Washington 18.19.060)

I work with individuals, couples, and families. Depending on your situation we may focus on learning or enhancing communication skills and/or effective problem solving and/or relaxation and stress reduction. I may use other treatment methods and approaches. You and I will work together to figure out what will be most useful to you in your therapy. I would encourage you to let me know what you find helpful or unhelpful in our sessions.

Each session lasts 55- 60 minutes and the fee is \$75-\$100 depending on your financial situation. I do generally charge for missed appointments and for appointments cancelled with less than 24 hours notice. If you need to change or cancel an appointment, my voicemail is available 24 hours a day, 7 days a week. Some insurance contracts cover all or part of the cost of therapy. Please check with your insurance carrier to see if your therapy is covered, and initiate contact with the carrier if that is required.

All sessions are confidential; however, if you intend to harm yourself or someone else, I may not keep that information confidential. Except under those circumstances and some very limited others (RCW 18. 19. 180), I will always obtain your written permission before giving out any information which reveals your identity.

You may decide to stop treatment at any time you wish. When that time comes, I think it is helpful to have a session to talk about our work together and to say good-bye in person.

Please do ask me any questions you have regarding the above information or about my background. I received a B.A. degree from Harvard University in 1963 and a Master's Degree in Clinical Social Work (MSW) from the University of California at Berkeley in 1966. I am a member of the National Association of Social Workers (NASW) and the Academy of Certified Social Workers (ACSW) and have been named by that organization a Board Certified Diplomate in Clinical Social Work. I am a Registered and Licensed Social Worker in the State of Washington I have worked continuously in the field since 1966 in a variety of clinical settings, including being clinical director of a community mental health center for 20 years and being in private practice from 1982 to the present. I regularly attend trainings and workshops in my field and do peer consultation. I refer for psychiatric consultation/treatment as needed regarding possible biopsychiatric aspects of your problems.

The following additional statement is included as required by the State of Washington:

Counselors practicing counseling for a fee must be registered with the Department of Licensing for the protection of the public health and safety. Registration of an individual does not, however, include recognition of any practice standards, nor necessarily imply effectiveness of any treatment.

My Washington State License Number is LW00005767.

Therapist's Signature

Date

I have read and understand the above statement and have been given a copy of it.

Signature

Date