



Soul Care Psychotherapy

...a program of Pacific Pastoral Counseling Service ~ Joanna Robinson, M.Div., M.Ed.

Disclosure Statement

Dear Client,

Welcome to Soul Care Psychotherapy. I look forward to our work together. The following summarizes my training, therapeutic orientation, education, practice policies, and your rights as a client. Please read the information carefully and sign the accompanying forms. Feel free to ask questions to clarify your understanding of this material.

Theoretical Orientation and Therapeutic Approach

My work as a therapist is centered on helping people find meaning, purpose, grace, and creative expression for their core self. I work with individuals, couples, and families, primarily using a depth approach drawn from Jungian Psychology and Object Relations Theory. Jungian Psychology focuses on one's individual life as it relates to the outer world and to the transcendent Sacred. Jungian-oriented psychotherapy pays attention to the imagination, dreams, fantasies, creativity, spirituality and the unconscious psyche as they interface with real life issues clients bring to therapy. Object Relations Theory has to do with one's earliest relationships, the impact they have on one's internal psychic processes, as well as their impact on one's current life. In addition, I use a Family Systems framework to understand all of my clients. I use cognitive-behavioral methods when appropriate.

My primary professional interest is in how the modern disciplines of psychology and psychotherapy interface with the ancient spiritual disciplines of theology, pastoral care, meditation, prayer and other practices that encourage one to "pay attention" to the deeper dimensions of one's life. I believe that our work together is confessional in nature, meaning that it calls for a sacred privacy and confidentiality, an assurance that what you share with me will be held in sacred trust. My practice is open to all expressions of faith and spirituality, and equally to those clients who are not seeking a spiritual focus in therapy, as well as to those who are questioning their faith or whose experience of God or the Church has been painful or alienating to them in some way.

The length and outcome of therapy varies greatly among clients, and these may depend on goals, motivation, one's early and current life situations, and the resources of the client. I believe the goal of therapy includes a kind of deep healing and transformation, not only the solving of problems. Therefore, I prefer to use a depth model of working in the context of mid-to-long term therapy. However, I can also work on a short-term basis with clients, focusing on more specific goals, when this meets the client's needs or desires.

For some, therapy can be a painful process, especially when focusing on one's experiences of suffering or trauma. While this process can be very difficult, I believe that, for many, therapy can be a safe and sacred place to explore one's own suffering and questioning—which are integral parts of our humanity. Indeed, often the honest, tender and respectful processing of these difficult experiences becomes the most transformative part of the therapy process.

Education and Training

I received my Master of Education (M.Ed.) degree in Pastoral Counseling from the University of Puget Sound in 1994, and my Master of Divinity (M.Div.) degree from Luther Seminary in 1987. My Bachelor's Degree was granted by Pacific Lutheran University in 1983. I am certified at the Fellow Level in the American Association of Pastoral

Counselors. I am a member of the Washington Pastoral Counseling Association. I am an ordained Pastor in the Evangelical Lutheran Church in America. I am a Licensed Mental Health Counselor in the State of Washington, License #020703 LH00007545 (*Note: Because I work under the auspices of the Church, this license applies only to the non-pastoral psychotherapy aspects of my practice [RCW 18.19.040.6]*).

Your Rights as a Client

Clients have the right and responsibility to choose the therapist and therapeutic approach that best meets their needs. It is appropriate for clients to ask questions about their therapist's background and education, therapeutic modalities, the therapeutic process, and progress. Clients have the right to request a change in approach, referral to another therapist, or termination at any time. If you have concerns about our work together, it is important for you to raise these concerns so we can discuss them. If you desire, I can assist you with referrals to other therapists or appropriate resources.

Confidentiality

Confidentiality is an integral part of the therapy process. The thoughts, feelings, stories, dreams and other deep confidences of the heart and spirit which are shared by clients with me will be kept in strict confidence. I will not disclose whether I do, or do not, see you as a client, or the content of your therapy, with any outside parties, unless you and I both believe this will be to your benefit, and then only with your written permission (for example, if a client and I together determine it would be beneficial for me to coordinate treatment with the client's doctor). This commitment arises from my adamant allegiance to the ancient pastoral tradition of the confessional. The only exceptions to this strong commitment of confidentiality may be the following:

- 1) If I believed that a child, elderly, or disabled person was at risk of abuse or neglect.
- 2) If I felt you were at risk of harming yourself (suicide).
- 3) If I believed others were at risk of bodily harm by you (homicide).
- 4) If there are issues related to my professional conduct.

5) I occasionally may discuss client cases, with identities concealed as much as possible, with certain professional counseling colleagues, a supervisor of my therapeutic work, or a consulting therapist with areas of expertise which I believe will benefit my clients. I do this to honor my ethical commitment to practice in community, and to ensure that you receive the highest quality of care. In these five instances I would use such information in a way that protects you and/or others as responsibly as possible, as an extension of the healing care of my pastoral counseling ministry.

I will never disclose the fact that I see you, or the content of our therapeutic work, to any court of law or attorney, unless my professional conduct is at issue, or unless required by law. If your need for therapy includes having a therapist who will share information in court (e.g., in current or potential divorce proceedings, child custody cases, sexual abuse litigation, as proof of emotional/psychological injury after a car accident, etc.), or for other similar purposes, I ask that you seek another therapist. I believe strongly that disclosing information about your psychotherapy can be very damaging to your healing process. I will be happy to refer you to another appropriate resource, such as a therapist who specializes in child custody issues, forensic psychology, or other appropriate professional resource, whenever possible.

Client notice of registration

"Counselors practicing counseling for a fee must be certified or licensed with the Department of Health for the protection of the public health and safety. Registration of an individual with the Department of does not include recognition of any practice standards, nor necessarily implies the effectiveness of treatment." It is every client's right to discontinue treatment at any time with or without notice to the treatment provider. For more information, see the brochure *What to Expect From Your Licensed Mental Health Counselor*, available upon request, and posted in this office. The Washington State Department of Health may be contacted at PO Box 9012, Olympia, WA, 98504-8001, 360-753-1761.