

Office Policy

Cathy Henschel-McGerry, M.A., LMHC, LMFT

1026 NE 95th St., Seattle 98115

206-364-2775

In working with couples, I consider each individual as well as the larger context of the family and other relationships. My commitment to clients is to explore areas of the psyche, emotions and spirit in an environment of safety and deeply held respect for each individual's experience. We will examine how your beliefs and values both hinder and help you individually and as a couple, on your particular path. I treat the challenges within the couple as the very doorway for potential openings to greater aliveness, empathy, awareness and intimacy.

Theoretical Orientation: My approach to therapy is rooted in Existential, psychodynamic and family systems approaches. I will focus on how you as a couple engage with one another in the moment, as well as how your experience mirrors earlier experiences in your life. I will support and encourage you to turn your attention toward your felt sense and support you to bring those feelings and meanings into the space between you.

Professional Background: I received my Masters degree from Antioch University in Seattle in 1986. I have been in private practice since 1982. I have been an adjunct faculty member in the Graduate Clinical Psychology Program at Antioch University since 1994. I hold professional memberships in the Association for Psychosynthesis, the

Association for Humanistic Psychology, the Jungian Psychotherapists Association and the Washington Mental Health Counselors Association.

Confidentiality: I respect your right to privacy and hold information that you discuss in strict confidence. No information about you will be disclosed unless you have signed a written release for, except in the following circumstances:

A) If you threaten grave bodily harm to yourself or another, or if you are unable to care for yourself, I am legally required to inform the appropriate authorities, and the intended victim.

B) If I hear of or suspect physical abuse or neglect, or sexual abuse, I am required to report this information.

C) I seek consultation to ensure the quality of my work. These are done under strictly professional and confidential circumstances.

Scheduling, Cancellations and Fees: Sessions are 50 minutes long. Payment is expected at each session unless other arrangements have been made in advance. Fees may vary based on my perception of current going rates and any agreement that I may come to with you.

If you miss a scheduled session with less than **48 hours notice**, you will be charged for that session, regardless of circumstances, unless we can reschedule within that week, or time frame within your regularly scheduled appointment. (**For Monday appointments**, you will need to notify me by Friday, so it will be **72 hours** or three days.) If you need to change your appointment for work or leisure, the sooner you give me notice, the more able I am to accommodate you with another appointment time. If I need to cancel an appointment for an emergent issue, you will of course, not be charged.

As this time is reserved for you, and I do not offer it to anyone else, I lose the income when you are not able to make your appointment. Late cancellations are never easy on your finances, and if I can reschedule your time with someone else, you will not be charged for that missed session.

In the case of snow or illness, I offer either a Zoom, V-SEE or phone session as an alternative to coming in person. For those who wish to keep their appointment in person, that will always be an option.

Phone Calls: My telephone is answered by voice-mail 24 hours a day. When leaving a message, please indicate several times that you can be reached and include your phone number. I will return your call as soon as possible. When I am on vacation or otherwise away from the office for extended periods of time, I will have a colleague covering for me, or I will check in by phone on a daily basis.

Emails:

Emails are not secure and I cannot guarantee confidentiality. They are best used for scheduling purposes, if you need to change an existing appointment, or need to give me other salient information. I do check email, but not as often as the phone. Therefore, if you want to get hold of me quickly, it is best to leave a phone message.

Texting:

If you decide to send a text, please indicate yourself by name, as often your phone number will show up, but not your name. My preference is

a phone call, but under certain circumstances, you may find texting easier. This method is again, only meant for scheduling.

I _____ and
_____ have read and understand the above policy statement.

Client Signatures

Date

-

Please fill out the following:

Name _____ Birthdate _____ Age _____

Address _____ City _____ Zip _____

PH:

Home _____ Work _____ Cell _____

Email: _____

Name_____Birthdate_____Age_

Address_____City_____Zip_____

PH:

Home_____Work_____Cell_____

—

Email: _____