



# Rachel Clark Counseling

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## Disclosure Statement

### Personal Counseling Philosophy

I believe that all people have the capacity for change and growth, and it is my hope that our work together can help you to create the life that you want. It is my view that the most important part of the therapeutic process is the relationship that develops between client and therapist, and I hope to become a person that you can count on to listen with an open mind, accept who you are without judgment, and offer support and comfort at all times.

In our work together, we will identify the changes that you desire to make and develop a plan of action for pursuing your goals. In the process, we may work on communication and problem-solving skills, relationship issues, coping strategies, and anything else that might help you to create the life that you desire. I may utilize the principles and practices of Cognitive Behavioral Therapy, Client-Centered Therapy, and Solution-Focused Therapy, or other evidence-based practices in our work together.

While I may have insight, tools, and advice to share, your success in therapy is dependent upon your ability to put into practice the changes we discuss. If you are unhappy with the treatment you are receiving, please share your concerns with me so that we can make adjustments.

### Education and Certification

I have a Bachelor's degree in Psychology and a Master's degree in Marital and Family Therapy. I have been working with individuals, couples, and families since June of 2017.

I am currently licensed in Washington State as a Marriage and Family Therapist Associate, license #MG60859817.

### Supervision

Our work together will be supervised by Emily Landis, LICSW, PLLC, license #LW 60524212. Supervision is intended to provide support and oversight for me and to assist me in providing you with competent and ethical treatment.

### I have read and understand the above Disclosure Statement

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Client Signature

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Date

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Rachel Clark, MA, LMFTA

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Date