



Professional Disclosure Statement

Kara Komarzec, MS, LMHC, CMHS

Masters of Science (MS) in Counseling Psychology from California State University, Northridge
Licensed Mental Health Counselor (LMHC), License #LH60882087
Child Mental Health Specialist (CMHS)

Experience & Trainings

5 years providing counseling support to children with disruptive behaviors and their families
3 years of in-school counseling, coordinating with school staff, attending IEP meetings, etc.
Certified in AutPlay® Therapy (specialized play therapy technique for ADHD & ASD diagnoses)
Trained in Cognitive Behavioral Therapy for children with depression, anxiety, trauma & disruptive behaviors
Over 40 continuing education hours in art & play therapy

Treatment Style

Orientation: Relationship-focused, individualized, collaborative, whole-system, skill-building
Modality: Cognitive-behavioral therapy, parent behavioral training, mindfulness, play therapy

Course of Treatment

Starting treatment, and throughout, it is important that we fully understand the reason the client is coming to counseling and that the client is safe. I call this, **Assessment & Stability Planning**. This is the foundation to our work and starts from the assessment session on day 1. The focuses are on identifying any concerns of stability (meeting basic needs) and assessing the concerns that brought them to therapy. Basic needs include physical safety, nutrition, medical care, proper hygiene, etc. Resources will be given and goals will be created around keeping and/or maintaining this stability. The therapist and client will work to understand any patterns of symptom frequency, intensity and/or duration. The therapist will continue to assess symptoms (both observed by therapist & reported by client & parent) and prioritize stability throughout the course of treatment.

The first phase of my course of treatment is **Building Comfort & Creating Treatment Goals**. This phase is typically the first 3-5 sessions, which include building trust & rapport, learning about the diagnosis/symptoms, and creating goals for treatment.

The second treatment phase is **Addressing Treatment Goals**. This is the bulk of the client's treatment, usually lasting 8-15 sessions. During this phase, the therapist will teach the client interventions that are aimed at improving symptoms and reaching treatment goals. It is the client's job to try these interventions and provide feedback on their effectiveness. This is important because there is no "one-size-fits-all" intervention.

The third phase is **Completing Treatment Goals**. A very exciting part of treatment is when the client has met the treatment goals. This phase usually last 1-3 sessions to create a discharge plan and plan to maintain progress. On your last day of treatment we will do a graduation to celebrate your hard work and success!