



Professional Disclosure Statement

Alexis Kimball, Child & Family Counseling Intern

Degree in Progress: Masters in Counseling with Mental Health Counseling specialty, Saybrook University
Supervised by Kara Komarzec, Licensed Mental Health Counselor (LMHC), License #LH60882087
Supervisor's direct contact information: 425-224-5438; kara@unifiedbh.org

Experience & Trainings

Masters-level coursework in basic counseling skills, lifespan development, professional orientation & ethical practice, counseling theories, structure and dynamics of the family, group counseling & psychotherapy, multiculturalism & the family, and substance abuse & behavioral addictions. Completed training in trauma informed care for young children, while seeking training in play therapy to be completed during internship.

Treatment Style

Orientation: Relationship-focused, collaborative, individualized, skill building, holistic

Modality: Cognitive-behavioral therapy, play therapy, mindfulness

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!



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Statement of Agreement

I, _____, agree that my signature below indicates that I am aware that I am receiving counseling from a counselor that is in his/her internship program, in graduate school (masters level). The internship is a work-related learning experience for individuals to gain experience in the counseling occupation. I have been informed that the intern is working under the supervision and direction of Kara Komarzec, LMHC. If there are any concerns or questions in regards to the services rendered, I agree to contact Kara Komarzec, LMHC (425-224-5438 / kara@unifiedbh.org) directly.

Client name (printed)

Client signature
(if 13 or over, otherwise legal guardian)

Date

If applicable, legal guardian name (printed)

Counseling Intern name (printed)

Counseling intern signature

Date

Counseling Supervisor name (printed)

Counseling supervisor signature

Date