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INDIVIDUAL PROVIDER INFORMATION ADDENDUM TO THE DISCLOSURE AND INFORMED CONSENT AGREEMENT

As part of your participation in our counseling program, we would like to provide you with specific information about your mental health provider. This information is provided in addition to the Pathways Mental Health Services' Disclosure and Informed Consent Agreement.

Provider Name and credentials:

Abby Smith, MA, LMHC

Provider's Credential type and number:

Washington Licensed Mental Health Counselor: LH00010822
Washington State Approved Supervisor

Provider's Education, Training, Experience:

I received my Masters Degree in Psychology with a focus in Mental Health Counseling at Antioch University, Seattle.

My experiences include, but are not limited to twenty years of work in inpatient and outpatient mental health and chemical dependency, including Co-occurring Disorders treatment both as a clinician and supervisor. For over ten years I owned a private counseling practice in Seattle. I also held teaching positions as adjunct faculty at a community college and in a graduate program.

Type of Services Offered by Provider:

Adult individual and couples psychotherapy and counseling. CBT and Mindfulness-Based approaches to recovery from addiction and co-dependency as well as a thorough understanding and support for 12-step based recovery. I provide counseling for adult children of alcoholics/addicts, and adult family members of people with alcohol/drug problems. I can use creative means including writing, drama and art to help client's process trauma. I also provide counseling for people dealing with feeling overwhelmed and anxious about their job, classwork or other life situation. I can also provide clinical supervision.

Provider's Therapeutic Orientation and Methods Used:

I use cognitive behavioral therapy, a family systems framework, creative modalities such as writing and techniques from psychodrama. I also practice mindfulness-based counseling.