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Disclosure Statement

Professional Background

Welcome to my office and psychotherapy practice. I have been licensed as a Marriage and Family therapist in California since 1987. I received a Master's of Science degree in Counseling and Mental Health from California State University, Hayward in 1986 and a Bachelor's Arts degree in Human Development in 1981.

My Master's is a 2 year degree accredited by the regionally accepted body, Western Association of Schools and Colleges. In addition to 90 quarter units of an integrated course of study, California MFT licensure also specifies "marital and family systems approaches to treatment, "developmental issues and life events from infancy to old age" and "a variety of approaches to the treatment of children." The focus of my education was on psychotherapy in general and marriage and family in particular. The Master's of Science degree also required a the completion of a thesis. My research was on the psychological and social experience of suicide survivors and was published in *Omega, Journal of Death and Dying* ,Vol. 18, No. 3-1987-88.

In addition to educational requirements, I completed 3,000+ hours of supervised experience. The preponderance of hours occurred working with a grief counseling program serving primarily survivors of sudden death. This program was part of a larger non-profit county funded crisis support agency in an urban setting.

I also completed a one year internship with Family Services, a low cost counseling agency serving children, families and adults.

I have held numerous professional positions at a number of public mental health agencies and have been in private practice since 1987. I founded the Grief Counseling program of Suicide Prevention of Alameda County (located in Oakland) now known as Crisis Support Services of Alameda County. The mission of the program was to provide low fee county wide counseling to those bereaved by the high number of violent deaths and to further reduce the risk of suicide to survivors.

Summary of credentials and special training:

California Licensed Marriage and Family Therapist September, 1987
Traumatic Incident Reduction January, 1995
Critical Incident Stress Management, October 1996
Eye Movement Desensitization and Reprocessing Level I February, 1997
Clinical Applications of Ego State Therapy, September, 1997
Eye Movement Desensitization and Reprocessing Level II December, 1997
Hypnotic Ego-Strengthening Techniques, March, 1998
Mindfulness and Emotion Regulation Skills, November 1998
Diagnosis and Treatment of Complex PTSD, February, 2000
Hypnosis for Psychotherapists, 45 Hour course, February 4- May 19, 2000
Complex Psychological Trauma/PTSD, October, 2000
Energy Therapies and Mind-Body Healing, December 2-3, 2000
Thought Field Therapy, Levels I & II, May, 2001
Therapeutic Use of Guided Visualization, August 3-4, 2001
Two-Day Workshop in Dialectical Behavioral Therapy, September 19-20, 2002
Imaginal Nurturing, February 22-23, 2003
Putting the Pieces Together: New Approaches to Understanding and Treatment of Dissociation, September 6-7, 2003
Transforming Power of Affect, December 4, 2003
Trauma: Mind and Body, January 10, 2004
Hypnosis, Behavioral Medicine and Body-Mind Healing, July 17-18, 2004
Imagery, Creativity, and Community, October 28-31, 2004
Introduction to Lifespan Integration, November 5-6, 2004
Northern California EMDRIA Regional Conference, April 30-May 1, 2005
Certification for Hypnosis, 150 hours of training, National Guild of Hypnosis, December 10, 2005.
Advanced Lifespan Integration, March 5-6, 2006
Association for Comprehensive Energy Psychology Annual Conference, May 4-6, 2006, 16.5 hours, Post conference certification in Pranic Healing-14 hours.
Working with Eating Disorders, 12 week, 24 hour course, completed November 26, 2006,
How to Use Crisis Debriefing When Responding to Crisis and Trauma, March 9, 2007.
Treating Depression with Lifespan Integration, June 9, 2007
Minding the Body: Somatic Interventions for Enhancing EMDR Effectiveness, April 12, 2008.
Happiness and Health, October 3, 2008.
The Science of A Meaningful Life: Compassion, Mindfulness, and Well-Being,

May 15, 2009

Trauma, PTSD and Traumatic Grief, July 14, 2009

Induced After Death Communication Using EMDR, April 17-18, 2010.

Lifespan Integration, Advanced workshop, October 23-24, 2010.

Applied Neurobiology in Adult Psychotherapy, July, 8, 2011.

Colorado Law Regarding Licensure and Registration of various psychotherapists

The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations. The Board of Registered Psychotherapists Examiners can be reached at 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800. As to the regulatory requirements applicable to mental health professionals:

Registered psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in Colorado but is not licensed by the state and is not required to satisfy any standardized educational or testing requirements to obtain a registration from the state. I am a registered psychotherapist.

Certified Addiction Counselor I (CAC I) must be a high school graduate, complete required training hours and 1,000 hours of supervised experience.

Certified Addiction Counselor II (CAC II) must complete additional required training hours and 2,000 hours of supervised experience.

Certified Addiction Counselor III (CAC III) must have a bachelor's degree in behavioral health, complete additional required training hours and 2,000 hours of supervised experience.

Licensed Addiction Counselor must have a clinical master's degree and meet the CAC III requirements.

Licensed Social Worker must hold a master's degree in social work.

Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure.

Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a

Licensed Professional Counselor must hold a master's degree in their profession and have two years of postmasters supervision.

A Licensed Psychologist must hold a doctorate degree in psychology and have one year of postdoctoral supervision.

Confidentiality

Most people are naturally concerned that personal information which they share in private consultation be kept confidential. I want to assure you that I, too, value the privacy of personal information shared in this practice. Furthermore, I am bound by the professional code of ethics and legal statutes to maintain strict confidentiality of your records.

Generally speaking, the information provided by and to the client during therapy sessions is legally confidential and cannot be released without the client's consent. There are exceptions to this confidentiality, some of which are listed in section 12-43-218 of the Colorado Revised Statutes as well as other exceptions in Colorado and Federal law. If a legal exception arises during therapy, if feasible, you will be informed accordingly. The Mental Health Practice Act (CRS 12-43-101, et seq.) is available at: <http://www.dora.state.co.us/mental-health/Statute.pdf>.

Information disclosed to me is privileged communication and cannot be disclosed in any court of competent jurisdiction in the State of Colorado without the consent of the person to whom the testimony sought relates.

You should be aware that provisions concerning confidential communications shall not apply to any delinquency or criminal proceedings, except as provided in section 13-90-107 C.R.S.

I am required to report child abuse or neglect situations.

If I determine that you are a danger to yourself or others, I am required to disclose such information to the appropriate authorities or to warn the party you have threatened.

You should also be aware that if you should communicate any information regarding a threat to yourself or others, I may be required to take immediate action to protect you or others from harm.

If you become gravely disabled, I am also required to report that to the appropriate authorities.

If you confess to felony or other serious crime, I may be required to report that information to the appropriate law enforcement agency.

I may disclose confidential information in the course of clinical consultation or in the investigation of a grievance or malpractice claim or if I'm ordered by a court of competent jurisdiction to disclose such information.

I will be happy to answer any of your questions regarding the privacy of your records. My interest is to keep your sessions in the strictest of confidence.

Your Patient Rights

In a professional relationship, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies the licensee, registrant or certificate holder (see p2, pp1).

My office sees adolescent and adult individuals for psychotherapy, which usually takes place on a once or twice a week basis. Sessions are generally 50 minutes long. However, some therapies such as Lifespan Integration and Eye Movement Desensitization and Reprocessing may be optimized with 80- 90 minute sessions. Be aware that some insurance companies will not reimburse for sessions longer than 50-60 minutes. In general, successful psychotherapy will take at least several months. The duration of therapy may vary since each person's needs and goals are different.

It is important that you know that psychotherapists may vary widely in the methods they employ. A therapist's approach depends on his or her training, experience or personality, as well as the particular needs of the client. We will explore the kinds of approaches that may work best in my work with you.

I offer a variety of methods drawn from multiple fields of study such as EMDR, Lifespan Integration, Thought Field therapy and hypnosis. Some of these methods such as EMDR have been well-researched and validated. You are entitled to receive information about the methods of therapy, the techniques used, the duration of your therapy (if known), and the fee structure. You can seek a second opinion from another therapist or terminate therapy at any time.

Fee Policy

The charge for psychotherapy is _____ an hour. The fee for each session of therapy will be due at the time of each session unless you make arrangements for payment and we both agree to such an arrangement. Since I have reserved our appointment time for you, it is my policy to charge for cancellations received less than 24 hours notice unless we are able to reschedule the appointment within the same week. There is no charge for brief calls. Calls lasting longer than 10 minutes will be charged to the client on a prorated basis. In the case where the 24 hour cancellation policy is used too frequently, I may extend the cancellation policy to reflect a longer period of time.

If you have insurance coverage, I will assist you in completing forms for reimbursement. A fee of 1 ½ percent per month will be charged to accounts for more than 30 days past due. There is a service charge for returned checks. An account over 90 days will be considered past due. If your account becomes past due, please be advised that I may be obligated to turn past due accounts to a collection agency or Court with your Name, Address, Phone Number, and other directory information, including dates of service or any other information requested by the collection agency or Court deemed necessary to collect the past due account.

My office will not reimburse a client later if s/he decides or discovers s/he has insurance coverage after therapy has commenced. Most clients find therapy to be a major investment, not only financially but emotionally. Please do not hesitate to discuss my fee policies with you and I will do my utmost to answer any questions that may arise at any time during therapy.

Telephone and Emergency

During on-going therapy, if you need to speak with me about any urgent matter, please do not hesitate to call. You may call my office phone, and leave a message indicating that the matter is urgent. If I am in session, you will get my voice messaging. I pick up my messages regularly. If the matter is life-threatening or a psychiatric emergency, dial 911 or call your local mental health crisis center or go to the closest emergency hospital room.

Internet Contact

All efforts are made to maintain confidentiality during internet contact. While state of the art encryption methods, firewalls, backup systems are used and HIPAA forms are been signed, as you may know, the internet and computers are not guaranteed to be secure. Please keep this in mind if you make internet contact. If unscheduled internet contacts become long and of a personal nature, they will be charged accordingly.

Closing of Therapy

It is always your right to terminate therapy at any time. However, out of respect for the importance and sensitivity of psychotherapy work, I strongly encourage you to discuss this decision with me. It has been my experience that, particularly in a therapeutic relationship of any length, termination is a very important process. If I observe you approaching readiness to leave therapy, I will certainly discuss this with you. I will also discuss your progress at any time.

Should you discontinue therapy for more than 30 days, your treatment will be considered "terminated." You may resume therapy anytime after the 30 day period. This disclosure statement will remain in effect should you resume therapy and you may be asked to update your client records.

If you have questions regarding the policies of this practice, please do not hesitate to discuss them with me.

I have read all the preceding information and agreed to policies of this practice, it has also been provided verbally, and I understand my rights as a client or as the client's responsible party.

Print Client's name

Date

Client or Responsible Party Signature Date

If signed by Responsible Party, please state relationship to client and authority to consent: