



formerly Presbyterian Counseling Service

*restoring hope . . . reconciling relationships . . . transforming lives*

## Welcome to Samaritan Center of Puget Sound

We are pleased that you have chosen Samaritan for assistance at this time in your life.  
We hope that you will find this to be a positive and useful experience.

### About Samaritan Center

Samaritan Center of Puget Sound is accredited by the Samaritan Institute and affiliated with the Presbytery of Seattle. Our therapists come from a variety of Christian faith perspectives and represent a wide range of ages and life experiences. They are interested in and respectful of the spiritual values, beliefs and cultural heritage of all persons.

In providing therapy, we seek to engage in a process that is attentive to the integration of mind, body and spirit. We believe that healing occurs on multiple levels – mind, body, spirit and soul – and are always willing to consider with our clients the physical and spiritual as well as psychological aspects of healing. We are curious about the part that spirituality plays in wrestling with life's dilemmas and transition points, and we bring our own heartfelt responses to the situations in which our clients find themselves. We endeavor to promote growth and well-being in our clients, engaging with them in a collaborative manner to make the changes that they desire in their lives.

#### Parking at the Ravenna Office:

Off-street parking is available in the lot adjacent to the Church, as well as along Ravenna Blvd.

#### Young Children:

Please do not leave young children unattended in the waiting room. We cannot be responsible for their safety.

#### Crisis Calls:

In the event of a personal crisis, clients may call Samaritan's on-call therapist at 206-527-2266. To leave a message for the on-call therapist during office hours (M-F 9-6), clients should press 0 during the recorded message, or, if the call is made outside of office hours, press 6. If the call is not returned by the on-call therapist after a half hour, clients should call the Crisis Clinic at 206-461-3222.

#### Non-Crisis Calls:

To leave a non-crisis message, to cancel or change an appointment with your therapist, call 206-527-2266 and follow the voice prompt.

On the following pages you will find information that will ensure that your needs as an informed client are met. This includes the training, professional background of your therapist, his or her theoretical orientation and approach to counseling, the rights of clients in counseling, and information about confidentiality.

# DISCLOSURE STATEMENT

## HEIDI N. GRAY

### Training and Professional Background

Heidi Gray is a Licensed Marriage and Family Therapist in the state of Washington (#LF60692311). Heidi is a member of the American Association for Marriage and Family Therapy. She has a Master's degree in Marriage and Family Therapy from Seattle Pacific University and a Master's degree in Pharmacology from the University of Washington. While at SPU, she completed additional coursework in Medical Family Therapy, a field that integrates family therapy with medical care to more holistically treat chronic health conditions. Heidi participates regularly in a peer consultation group with other colleagues and as well as continuing education and professional trainings to further develop her therapeutic skills and maintain her commitment to best practices.

Since 2008, Heidi has conducted individual, couple, and family therapy and assessment in clinical and research settings. In her career, she has worked with families, children, and adults struggling with a myriad of challenges, including trauma, relationship problems, chronic health conditions, ADHD and neuro-developmental delays, anxiety, depression, health behavior change, and other mental health disorders.

### Theoretical Orientation and Approach to Counseling

Heidi takes a systemic approach to counseling, consistently considering how an individual or couple's relationships, family, and social systems may be contributing to problems, as well as how these systems may be harnessed as a source of strength. Within that context, she often adopts an experiential theoretical orientation, which acknowledges the powerful role that the freedom to experience and express a full range of emotions can play in the development and maintenance of individual and relationship health. As a clinician, Heidi aims to be warm and engaging, holding the tenderness of the human spirit in high regard, while at the same time being unafraid of intense emotion. She believes that, while the therapeutic process may often feel challenging, it also offers a space to employ the healing elements of playfulness and humor.

### The rights of clients in counseling

It is appropriate for clients to raise questions about the counselor, the therapeutic approach, the progress of the therapy and the cost. As informed consumers, it is the client's responsibility to choose the counselor and counseling modality which best suits their needs. Clients have the right to request a change in counseling approach, referral to another counselor or termination at any time.

All therapists at Samaritan Center of Puget Sound are bound by the ethical codes of their professional organizations, by the laws of the State of Washington, as well as by agency policy regarding the special nature of the therapist-client relationship. This agency expects all counselors continually to be aware of the influential position they hold in the relationship with clients, using this influence in a constructive way. If a client thinks his/her therapist is not meeting this ethical responsibility, he/she is strongly encouraged to address this with the therapist and/or bring it to the attention of the agency's President/CEO.

We keep a record of the health care services we provide you. You may ask us to see and copy that record. You may also ask us to correct that record. We will not disclose your record to others unless you direct us to do so or unless the law authorizes or compels us to do so. To see your record or get more information about it, contact your therapist.

Confidentiality

Counseling sessions are held in strict confidence. It is the client, not the therapist, who determines whether information may be released to persons outside Samaritan Center of Puget Sound, and only then with a release signed by the client. Exceptions to this rule: state law mandates that there is no confidentiality where child abuse or abuse of a developmentally disabled adult has occurred within the last seven years. The counselor may also be required to break confidentiality in life-threatening situations where the client poses a clear and present danger to self or others or is unable to provide minimum life-sustaining self-care. Here, the counselor would take steps necessary to secure the safety of the client or others.

I have received and read the Disclosure Statement.

Client Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_

Therapist Signature \_\_\_\_\_

*Heidi N. Gray, MS, LMFT*

By my signature below I, acknowledge that I received a copy of the Notice of Privacy Practices for Samaritan Center of Puget Sound.

\_\_\_\_\_  
Signature of client (or personal representative)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of client (or personal representative)

\_\_\_\_\_  
Date

If this acknowledgment is signed by a personal representative on behalf of the client, complete the following:

Personal Representative's Name: \_\_\_\_\_

Relationship to Client: \_\_\_\_\_

***You will receive one copy of this form and one will be kept in your Samaritan record.***