



Laurie Ganberg, LICSW
PERINATAL MENTAL HEALTH THERAPY & SUPERVISION
www.laurieganberg.com

DISCLOSURE STATEMENT & PRACTICE POLICIES

Welcome! Thank you for the opportunity to work with you. Washington State law requires that therapists provide a Disclosure Statement prior to beginning treatment. This document explains the policies of my therapy practice and discloses to you my professional education, therapeutic orientation, and treatment information. It also explains my availability, fees, cancellation policy, confidentiality, and emergency policies. Please read it carefully and ask me any questions. Prior to starting treatment with me, you will be asked to sign to acknowledge that you have read and received it.

Professional Education

I received my undergraduate degree from Tufts University and then went on to obtain a Masters in Social Work from Smith College School for Social Work in Massachusetts. I am licensed in Washington State as a Licensed Independent Clinical Social Worker (LICSW) under license #LW60673320 and am a Washington State approved supervisor for clinicians seeking licensure.

Therapeutic Orientation

My approach to therapy is nonjudgmental and collaborative and draws from my training in psychodynamic, trauma-informed, attachment, family systems, and cognitive and dialectical behavioral therapies, as well as mindfulness practices. Common issues addressed include depression, anxiety, OCD, trauma, relationships, parenting, attachment, transitions, grief/loss, and roles and identities.

At heart, I am a social worker and strongly believe in the values that are at the foundation of this profession: service, social justice, the dignity and worth of every person, the importance of human relationships, integrity, and competence. I welcome clients with diverse identities with respect to race, ethnicity, national origin, color, sex, sexual orientation, gender identity, religion, immigration status, and ability. I recognize the many dimensions of privilege I hold and that the therapeutic relationship can also create an imbalance of power. I hold space for the ways in which larger systems and oppressions affect us and seek to understand your experiences, strengths, values and challenges knowing that you are the expert on your life.

Treatment & Termination

I think about therapy as a partnership between you—the client—and me. I am committed to providing a safe, confidential and authentic treatment relationship. Ultimately our work together should make a positive difference in your life, but this doesn't mean that therapy will always feel good or easy. Therapy has benefits and risks and often discussing unpleasant aspects of your life and making changes can bring up feelings of sadness, guilt, loss, anger, frustration, and isolation. I believe therapy works best when you're able to show up with openness and honesty and invest your time and effort. The length of treatment varies based on your unique situation and goals, and I hope we are reflecting on progress toward those goals periodically. Once we've determined you've met your goals, we will terminate therapy. Ending relationships can be difficult, so I hope we have at least one termination session to provide closure.

I encourage you to bring to my attention any concerns you have about me or our work together. Such concerns will be taken seriously and handled with care and respect. You always have the right to obtain a consultation or second opinion at any time. If either of us feels that I am not a good fit for your needs, we can end our work together. I may terminate treatment if you are in default on payment. Regardless



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of the reason for ending the therapeutic relationship, I will first discuss with you the reasons and purpose and provide a list of qualified psychotherapists to see you.

Should you fail to schedule an appointment for four consecutive weeks, unless other arrangements have been made in advance, for legal and ethical reasons, I will consider the professional relationship discontinued. If you regularly miss or cancel appointments, we will discuss whether therapy is indicated at this time and what barriers are arising and I reserve the right to terminate treatment and will provide you with referrals to alternate providers.

Communication

You can always reach me by phone at (425) 434-5594. It can be difficult to reach me “live” by phone, but please leave me a voicemail message. I also have a practice email address (laurie@laurieganberg.com) and website through which you can contact me. Please be aware that Internet communications including email, website contact forms, and text messages are not secure and I am unable to guarantee the absolute security of your personal information via these methods. I utilize a few technologies that are free for you to use that do offer encrypted methods of communication including my Electronic Health Records (EHR) system, Simple Practice, which offers a secure client portal through which you can send me secure messages: <https://laurieganberg.clientsecure.me>; and my phone application, Spruce Health, also allows for secure messaging through their app (downloadable here: <https://spruce.care/laurieganberg>). If you choose to use unsecured email, website forms, SMS text messages to communicate with me, I will assume that you are choosing and authorizing communication via those means.

I may not be able to respond to your messages and calls immediately, but strive to respond within 24 business hours. I may occasionally respond more quickly than that or on the weekends, but please be aware this is not always possible. There may be times when I am unable to receive or respond to messages such as when out of cellular range or out of town.

Please note that SMS (normal phone text messages) are not designed for emergency contact. SMS text messages occasionally get delayed and on rare occasions may be lost; so please do not use SMS as your sole method of communicating with me in emergencies. See below for additional emergency contacts.

Note, if you use your work, school, or an organization email address to communicate with me, your employer, school, or organization may access our email communications. Additionally, people with access to your computer, mobile phone, and/or other devices may also have access to your email and/or text messages. Please take a moment to contemplate the risks involved if any of these persons were to access the messages we exchange with each other.

Appointments & Cancellations

Sessions are by appointment only. I reserve a block of time for our work together. If you need to cancel an appointment, please contact me as soon as possible. **If you cancel with less than 24 hours or no-show for an appointment, you will be charged \$120 for the missed appointment.** Late cancellations or no shows cannot be billed to insurance so you are responsible for the cancellation fee. The exception to my cancellation fee is for unforeseeable illness of yourself or a dependent – please contact me to reschedule if you have a fever or other symptoms of a virus.



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Telemental Health

I offer “online therapy” or telemental health services for individual adults (18+) in pregnancy and the postpartum year anywhere in Washington state. In some emergency situations, I may also offer or require that my entire therapy practice be moved to telemental health. If you are unable to utilize telemental health, we will discuss whether it is appropriate to suspend or delay our work together, maintain limited communication through phone check-ins, or other identified plan.

To offer telemental health, I use a secure, HIPAA-compliant version of Zoom where they have signed a Business Associate Agreement acknowledging their responsibility for keeping your information secure and reporting security breaches involving personal healthcare information. Zoom does not have access to identifiable health information and protects and encrypts all audio, video, and screen sharing data. We will meet at <https://zoom.us/my/laurieganberglicsw> where you will enter a “waiting room” until I admit you to the meeting. Meeting online is different than meeting in person and involves different benefits and risks. Telemental health services allow you to receive therapy at times or in places where services may not otherwise be available, in a more convenient way, or to continue therapy when you are unable to travel to my office. Receiving services via telemental health has the following risks: technical failures can impact therapy; telemental health services many introduce risks to your privacy, and may reduce my ability to directly intervene in crises or emergencies. Interruptions to cell signals, wifi, or Internet may disrupt services at important moments. If we experience a disruption to our zoom session, I will call you to continue the session by phone. There may be additional benefits and risks to telemental health services that arise from the lack of in-person contact or presence, the distance between us at the time of service, and the technological tools used to deliver services. We will assess these potential benefits and risks as therapy progresses.

You always have the right to stop receiving therapy via telemental health at any time without prejudice. As long as I am offering in-person therapy at that time and you are able to access my office, you will not be prevented from accessing therapy with me if you choose to stop using telemental health. If you are unable to come to my office or I am not providing in-office therapy, I will provide you with a list of therapists in your area.

You will be responsible for creating a safe and confidential space for online sessions. You should use a space that is free of other people. It should also be difficult or impossible for people outside the space to see or hear your interactions with me during the session. If you have any questions about how to do so, please discuss this with me. You can view some tips here: <https://personcenteredtech.com/tmh/clients/>

Please do not record video or audio sessions without my prior consent. Making recordings can quickly and easily compromise your privacy.

Emergencies

If you experience a psychiatric emergency, go to your nearest hospital emergency room as soon as possible, call 911, or call the **King County Crisis Connections 24-hour hotline at 866-427-4747** or the **Snohomish County Crisis Line at (425) 388-7215**. Please also leave me a voicemail message to notify me of the emergency. If we anticipate urgent or emergency situations will arise in our work together, I will help you develop a safety plan that includes resources and action steps specific to your situation. If we are meeting via telemental health and you live in a different county, we will identify your local mental health crisis line provider, medical emergency providers, and other safety precautions.



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Court

If you become involved in legal proceedings that require my mandated participation, you will be expected to pay for all of my professional time, including preparation and transportation costs, even if I am called to testify by another party. Because of the time involved and the interruption to my clinical work, I charge \$300 per hour for preparation and attendance at any legal proceeding on your behalf. If you are involved in a lawsuit, please understand that entering your mental health into a court hearing may not always be in your best interest as it may compromise your confidentiality and your clinical files may be requested. If you anticipate court involvement, particularly around custody issues, let's discuss this at the beginning of services.

Confidentiality

Washington laws and the Code of Ethics for social workers require me to keep everything you discuss in therapy in the strictest of confidence, unless you sign a release for me to disclose information. At times, I consult with professional colleagues to enhance the clinical services I provide; however, in these consultations I strive to present material in such a way that will not reveal your identity. If I run into you in the community, confidentiality means I will not acknowledge that I know you unless you do so first.

There are some circumstances that would necessitate that I break confidentiality. While most of these circumstances are rare, you deserve to be informed of the possibility in advance. Whenever possible, I make every effort to talk with you before I need to break confidentiality.

Limits to confidentiality include:

1. You express your planned intention of harming yourself or your emotional/mental state is observed by me to put you at risk. This may involve contacting your family, emergency contact, or other appropriate community agencies or emergency services.
2. Imminent risk of harm to another. If you indicate to me that you seriously intend to harm someone, I may be required to take action to attempt to prevent the harm from occurring by alerting authorities and/or warning the person who is being threatened.
3. I am obligated by law to report past or present abuse or neglect of a child under 18, person with disabilities or elderly person to the appropriate state agency.
4. Health insurance companies for billing. Insurance companies require some personal and clinical information about you in order to process a claim or authorize additional sessions.
5. If you are involved in a court proceeding (for example, a child custody case) a court order or subpoena would compel me to provide information or testify. If you are involved in or contemplating litigation, you should consult with your attorney to determine whether a court would be likely to order me to disclose information.
6. If a client files a complaint or lawsuit against me, I may disclose relevant information regarding that client in order to defend myself.

Records

I keep a confidential, electronic record of therapy for a minimum of seven years after we stop working together. I use a cloud-based Electronic Health Records (EHR) system produced and maintained by Simple Practice. I have entered into a HIPAA Business Associate Agreement with Simple Practice, which means Simple Practice is obligated by federal law to protect these records from unauthorized use or disclosure and to train their staff on the proper maintenance of confidential records and to prevent



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misuse or unauthorized disclosure of these records. You can read more about their security practices here: <https://www.simplepractice.com/security/>.

I also have my own security measures to protect the devices I use to access these records including employing firewalls, passwords, and disk encryption to protect the computer from unauthorized access and thus to protect the records from unauthorized access. With mobile devices, I use passwords, remote tracking, and remote wipe to maintain the security of the device and prevent unauthorized access. While Simple Practice and I both use security measures to protect these records, their security cannot be guaranteed. Simple Practice also keeps a log of my transactions with the system for various purposes, including maintaining the integrity of the records and allowing for security audits. These transactions are kept for seven years.

You have the right to access or obtain a copy or summary of your record. If I believe that the written material will have a serious negative impact if revealed, I may ask to forward the material to an appropriate person whom you designate. When a couple is in treatment with me together, both adults have a right to access the record, and both adults must sign a release to share information with other professionals. Sometimes when couples therapy has ended, one member of the couple may request to continue working together for individual therapy. In this case, a new and separate treatment contract will be agreed upon and signed and a new record established.

Social Media Policy

Due to the importance of your confidentiality and minimizing dual relationships, I do not accept friend or contact requests from current or former clients on any social networking site (Facebook, LinkedIn, etc). I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. At various times I may maintain a professional profile on social media sites and/or a blog on my website to share information, relevant media articles, or other resources. Please be aware that if you comment, like, share, or engage with me on those pages, you may be identifying yourself as a client and compromising your confidentiality. If you have questions about this, please bring them up when we meet and we can talk more about it.

Complaints

If problems arise in your treatment, please voice your concerns with me and we will work to seek solutions. You have the right to file a complaint with the authorities if your contract for treatment is not being met or if you are being mistreated. Complaints are received by Washington Dept. of Health, Licensing Board, PO BOX 47869, Olympia, WA 98504-7869.