



C O L L E G E

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Siobhan Presley, MA, AAC
Agency Affiliate Counselor
CG#60839018
Counseling
Services RLC 106
253-351-6693

Disclosure and Informed Consent

Dear Student:

Counseling Services is committed to providing an inclusive, caring, and professional counseling service. Please read this disclosure statement and initial each section to indicate your consent. If you have any questions, discuss them with your Counselor. Thank you.

About Counseling:

As a Counselor I offer short-term counseling, crisis intervention, career counseling and instructor/student mediation to GRC students who are experiencing personal or academic challenges that interfere with learning or well-being. Short-term counseling is defined as up to seven, fifty-minute sessions. This service is free to enrolled students physically living in Washington State.

Although I use various tools to help in assessment of your mental health needs, Counselors at GRC do not diagnose mental health conditions. In some cases, a referral to a medical provider is necessary.

As a Counselor I also partner with colleagues to offer personal growth and support groups as well as social-emotional workshops on a variety of mental health related topics (examples: stress management, test taking anxiety, mindfulness or ecotherapy, etc.) that are of great use to students.

Approach to Counseling:

As an experienced college Counselor, I have noticed students find cognitive-behavioral theory, which targets negative ways of thinking and utilizing a variety of strategies to change thinking and behavioral patterns, as highly valuable in overcoming personal obstacles in an academic setting. While focusing on cognitive-behavioral techniques, I also incorporate person-centered and motivational interviewing in my conversations with students. As a racially and culturally trauma-informed counselor, I am advantaged to view certain circumstances from a multicultural lens. Rather than the question being "What's wrong with you?", We reframe the question to "What happened to you?".

My goals are to empower students to overcome personal and/or academic barriers so their lives may be improved, and academic goals reached. I am anchored in the strengths-based model and promote positive affirmations to counter negative self-talk. Students will find themselves in a warm, empathic environment where more time is spent on strengths, solutions, or goals rather than the discomforts of life.

In addition, I promote resilience, healing, and restoration for Black, Indigenous, People of Color (BIPOC) who have experienced the psychological and physiological impacts of systemic oppression (also known as, racial trauma) as well as victims of violence.

I view counseling as a collaborative experience. Despite my having education, training, and experience, you are the expert of your life and in this space, there will be a sharing of ideas and information. I find spaces generous in support and collaboration is the perfect set up for transformational change or wellness.

Education, Training & Experience: _____

I hold a Master's in Psychology as well as a Bachelor's in Psychology. My education at Sacramento State University and American Public University included School Psychology, Child Development and Counseling. My early experience in the field includes working as a Home Visitor with the AmeriCorps/Child Abuse Prevention Council program and a Residential Counselor at a treatment facility for adolescent girls between the ages of 7-17 years old. I have also worked as a Case Manager for a treatment facility for Commercially Sexually Exploited Children (CSEC), and as a Child Protective Services Investigator and Placement Coordinator for the State of Washington, Department of Health, and Human Services (DSHS). I had the honor of working in family support services for children who are in the federally funded HeadStart (and Early HeadStart) programs.

My journey working in higher education started in 2018 at Seattle Central College as a Faculty Counselor supporting students at the Wood Technology Center, Health Education Center, and the main campus on Capitol Hill. My training includes Forensic Interviewing, the Social Worker Academy through DSHS, Clinical Trauma Treatment Professional, The Dependable Strengths model, and Telehealth for Mental Health Professionals. I have experience working with a variety of issues and conditions including depression, anxiety, stress, trauma, bipolar, substance abuse, domestic violence, conflict management, self-defeating and acting out behaviors, career planning, relationships, obsessive compulsive disorder, panic attacks in the academic setting, Attention-Deficit Hyperactivity Disorder (ADHD) and Adverse Childhood Experiences (ACES). I participate in ongoing continuing education to both learn new culturally sensitive approaches as they emerge and to update or renew my knowledge in previously studied fields.

Currently Held Licenses:

AAC- Washington State Agency Affiliated Counselor #CG61347410 _____

LMHCA-Washington State Licensed Mental Health Counselor Associate #MC60839018

Appointments and Cancellations: _____

Intake appointments or Consultations are up to 60 minutes. Returning appointments are up to 50 minutes.

Cancellations: Please contact your Counselor or Counseling Services in the event you need to cancel your appointment. We will get you rescheduled to a time and date that works for you.

Late Arrivals: If you arrive more than 15 minutes after the start of your appointment, your appointment may need to be rescheduled.

Fees: Counseling sessions are *free of charge*.

Informed Consent: _____

Participating in counseling is always a choice and you have the right to discontinue counseling at any time. It is your right and responsibility to choose the Counselor and treatment modality that best suits your needs.

State Law:

Counselors practicing counseling at GRC must be certified or licensed with the Washington State Department of Health. Certification of an individual with the department does not include the recognition of any practice standards, nor necessarily imply the effectiveness of any treatment. The purpose of the Counselor Credentialing Act regulating Counselors is:

a) to provide protection for public health and safety.

b) to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.

Confidentiality/Mandatory Reporting: _____

All information disclosed by you is confidential and may not be revealed to anyone without your written permission on a Release of Information form (ROI). This means that under ordinary circumstances, personal information about you, including the simple acknowledgement that you are a client at this office, will not be revealed to anyone without your permission. In keeping with professional ethics and legal requirements placed on professional counselors, there are special circumstances under which the agreement of confidentiality may be broken, including the following:

- 1) With your written consent or the consent of your personal representative (in case of death or disability).
- 2) In the case of information regarding the commission of a crime or harmful act toward yourself or another. This means if you become a danger to yourself or others, or if you reveal information regarding the abuse or suspected abuse of children, elderly, or developmentally disabled adults.
- 3) If you are a minor and the victim or subject of a crime.
- 4) If the client brings criminal charges against the counselor.
- 5) If the counselor receives a subpoena from a court of law or Secretary of State to provide information regarding a legal complaint.
- 6) In any other situation in which there is risk to yourself or others, the Counseling Center reserves the right to communicate with the Assistance and Care Team (ACT). The Counselor will only release information that aids in obtaining ongoing care and ensuring safety.

Electronic Communication: _____

An electronic record is created every time you request an appointment with Counseling Services. This can include, but is not limited to contact information, demographics, dates of service and details of your visit. If you choose to communicate by email or text, be aware that all emails and texts are retained in the logs of your and my internet or phone service providers. While it is unlikely that someone will be looking at these logs, they are, in theory, available to be read by the system administrator. You should also know that any emails or text that I receive from you and any responses that I send to you become a part of your legal record. The absence of or lack of explicit reference to a specific tool, site, or venue does not limit the extent of the application of this policy.

Counseling Records: _____

Counseling Services keeps a record of the counseling services provided to you. You can request a copy of your record and make corrections if you believe the information was recorded in error. Counseling Services will not disclose your records to others unless you direct us to with a sign Release of Information, or unless the law authorizes us to do so. Your counseling records are not part of your other GRC educational records or transcript.

Professional Consultation:

For your benefit and your counselor's continued professional development, your counselor may occasionally seek consultation from other professionals. Consultation is conducted anonymously so that your confidentiality is preserved. Please notify me if you have any concerns about consultation.

Student Feedback:

Counseling Services is interested in your feedback about the services provided to you. You may be asked to complete an anonymous evaluation form at the end of the quarter. A feedback form will be emailed to you or given to you in person. Your comments are completely anonymous and cannot be traced to you. Your thoughtful feedback is greatly appreciated.

Transition of Care:

Transitioning out of counseling may seem intimidating, especially if you had a positive experience with your Counselor. That is a normal feeling, as the Counselor/student relationship is very special. You and your Counselor will discuss the next steps and then collaboratively decide the best path for continuing mental health support. For some, that may entail a local community organization and for others, a counseling center at their prospective college/university. Either way, your counselor is here to support you in your transition to another provider.

Transition of care may not apply to students seen for consultations, drop-in/crisis or academic counseling.

Professional Concerns:

If you believe that your Counselor has conducted themselves unprofessionally, you have the right to make a formal complaint. A copy of the Acts of Unprofessional Conduct can be found in RCW 18.130.180. Complaints about unprofessional conduct can be made to the Humanities Division Chair by contacting 253.833.9111 ext.6822 and/or the Department of Health by contacting:

Health Systems Quality Assurance Complaint Intake
P.O. Box 47857
Olympia, WA 98504-7857
Phone: 360-236-4700

Authorization for Counseling

I hereby grant my permission to receive counseling services employing such established methods as may be appropriate in my treatment. I understand that I may ask questions about my counseling and may end counseling at any time. I certify that I have read the GRC Counseling Services Disclosure form and that I understand its contents.

Signed: _____ Date: _____

Student

_____ Date: _____

Siobhan Presley, MA, AAC

Green River College Counselor