



Disclosure Statement

Ying Yu, MS, LMHC, CN

Welcome! I'm glad you chose to meet with me. I look forward to working with you to make many positive changes in your life. The purpose of this document is to let you know what you can expect from my services. Please ask questions. It is important to me that you have clear understanding of the information provided here.

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CONFIDENTIALITY

Whatever you share with me during a private session is confidential information. I will not disclose personally identifying information about you to anyone outside of my office without your written permission. In order to provide you with the best service possible, I may seek supervision and consultation from other health professionals. These professionals have the same obligation to maintain confidentiality that I do.

From time to time, I may ask to video record our sessions for my personal review and record keeping only. I will always ask for your permission in advance and these recording will not be shared with anyone outside my office without your written permission.

Exceptions to Confidentiality

Exceptions to confidentiality are meant to protect your interests and the interests of others. Only in the following circumstances would I be obligated by law to release confidential information:

- ☞ If I become aware of physical or sexual abuse of a child or dependent adult
- ☞ If you give strong indications that you are likely to seriously harm yourself or another
- ☞ If I am served with a court order to share information with a judge or lawyer

I will encourage you to be the active person in making reports regarding abuse or self-harm. If I am obligated to release information, I will inform you of my intentions whenever possible.

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TECHNIQUE OF COUNSELING



Because a vibrant and fulfilling life requires healthy relationships with food, self and others, my therapeutic approach is integrative, assessing and treating nutritionally, as well as emotionally and relationally.

Nutrition Services

I am a Certified Nutritionist with the State of Washington and a Certified Health Coach with the American Association for Drugless Practitioners. I earned my Master's in Clinical Nutrition from Bastyr University and Certification in Health Coaching from Institute for Integrative Nutrition. In our sessions, we will address your clinical and subclinical health concerns from a functional medicine perspective, identifying root nutritional causes to your symptoms. We will also look at lifestyle factors and self-care patterns in a way that respects your cultural, socioeconomic and taste preferences. Treatment can involve food and supplement recommendations, lab analysis, cleanses, grocery shopping together, cooking together, as well as referrals and collaboration with outside providers. With a background in eastern and western dietary theories, I may also incorporate traditional Chinese and Ayurvedic principles into your treatment plan.

Psychological Services (Individuals & Couples)

I am a Licensed Mental Health Counselor with the State of Washington. My education includes a Master's degree in Clinical Health Psychology from Bastyr University and a Bachelor's degrees in Psychology from Amherst College. I completed a one-year clinical mental health internship at Asian Counseling and Referral Service, as well as all coursework required to become a Chemical Dependency Professional through NW Indian Community College. I am a member of the Seattle Counselors Association and International Center for Excellent in Emotionally Focused Therapy. The therapeutic orientations I utilize the most are attachment-, mindfulness-, and emotion-based. I have completed highest levels of trainings in Emotion-Focused Therapy for Individuals, Emotionally Focused Therapy for Couples, Emotion-Focused Therapy for Eating Disorders and Families, as well as Lifespan Integration Trauma Therapy. Other therapies I incorporate include Dialectical Behavioral Therapy and Acceptance and Commitment Therapy. Because lifelong learning is important to me, I continue to seek supervision and attend conference annually.

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APPOINTMENT AND FEES

Appointments are scheduled in advance and generally take place once a week or every two weeks, but can be altered depending on your needs. **Sessions are 50 minutes long.**



My standard out-of-pocket rates (for those without insurance) are as follows:

- \$185 Initial assessment
- \$155 Single follow-up session

(For packages, additional services and programs offered, see attached fee schedule.)

Payment is due at the beginning of the session, month or program. You may change the frequency of sessions at any time between billing cycles and fees will be adjusted accordingly.

I am an in-network provider with the following insurance companies:

Nutritional Services: Regence, Premera, Aetna, Group Health, First Choice, Cigna, and Uniform.

Mental Health Counseling: Regence, Group Health, First Choice, and Uniform

For clients whose insurance policies reimburse for out-of-network practitioners, I am happy to provide receipts for them to submit to their insurance.

My fee applies to telephone contacts beyond 10 minutes per week. When a call goes over 10 minutes, I will let you know that you can either continue our conversation during a session or begin charging you the pro-rated fee. You may leave a message for me at any time.

I provide unlimited email support between sessions for quick 5-10 min responses. My fee applies to email questions that take longer than 10 minutes to respond. If I anticipate an e-mail response taking more than 10 minutes, I will let you know that we can either discuss it during a session or I can respond at a pro-rated fee.

If you are unable to keep an appointment, please notify me at least **48 hours** in advance. **You will be charged \$100 for scheduled sessions that you do not show up for or call to cancel with appropriate notice.**

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EMERGENCIES

In case of emergency when I am not available, please call the Crisis Clinic (if you live in the Seattle area) at (206) 461-3222 or the police at 911.