

DISCLOSURE STATEMENT

Cecilia Kosak, MA, LMFT/ATR

Art at Heart Psychotherapy, LLC

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Hello and welcome to my practice. Colorado state law requires that I provide you with a disclosure statement which outlines my credentials as a therapist and your rights as a client. The following statement covers the points on which you should be informed according to Colorado Revised State (C.R.S.) 12-43-214. If you have any questions about the material contained in this statement or about any aspects of your work with me, please do not hesitate to ask.

General Information about Cecilia:

Registered Art Therapist ATCB# 10-1092

Colorado Registered Psychotherapist # 14230

Licensed Marriage and Family Therapist in the State of California MFC 51192

Licensed Marriage and Family Therapist in the State of Colorado .0001059

Education and Training

Master's of Arts in Marriage and Family Therapy, Degree Accrued May 6, 2007 from Loyola Marymount University in Los Angeles, California

Bachelor's of Arts in Psychology and Fine Arts, Degree Accrued May 6, 2005 from University of Colorado in Boulder, Colorado

Experience

-Psychotherapist/Art Therapist Private Practice in Denver, CO 2012-Present

-Art Therapist (Private Psych. Hospital) at Highlands Behavioral Health System 2011-Present

-Residential Clinician at Hathaway-Sycamores Residential Care 2008-2011

-MFT Intern/Art Therapist Private Practice in Encino, CA 2008

-MFT Intern/Art Therapist (Outpatient Care) at Tessie Cleveland Community Services 2007-2008

-MFT Intern/Art Therapist (Outpatient Care) at Coalition of Mental Health Professionals 2006-2007

-MFT Intern/ArtTherapist (Partial Hospitalization) at Exodus Recovery, Inc 2006

Therapeutic Orientation

My approach to therapy is to view the whole person from where you currently stand in life and to assist you in achieving the goals that you seek. I incorporate artistic and verbal therapy as well as resources that I have acquired to guide you in reaching these goals.

I use Clinical Art Therapy which as defined by the Art Therapy Credentials Board is: “a human service profession in which clients, assisted by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile their emotional conflicts, foster self-awareness, manage behavior, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem. Art therapy practice is grounded in the knowledge of human development, psychological theories and counseling techniques. Art Therapy is an effective treatment for persons experiencing developmental, medical, educational, and social or psychological impairment. A goal in art therapy is to improve or restore the client’s functioning and his/her sense of personal well-being.”

(http://www.atcb.org/what_is_art_therapy/)

I am trained in and use Family Systems Theory as a backdrop to my psychotherapy with clients. This is the basic understanding that individuals do not function in isolation, but rather as a part of a larger structure beginning with one’s family of origin.

I incorporate client-centered psychotherapy as a part of my practice which hypothesizes “that the growthful potential of any patient will tend to be released in a relationship in which the therapist communicates realness, caring, and a deeply sensitive, non-judgmental understanding. Thus, the therapist practices participative and empathic listening, while allowing the client to freely vent his/her feelings.” (Corsini, Raymond “CURRENT PSYCHOTHERAPIES”; Itasca, Illinois: F.E. Peacock Publishers, Inc., 1973)

Additionally, I use cognitive-behavioral techniques as appropriate. Cognitive-Behavioral Therapy or CBT is a collaborative effort between therapist and client to recognize the connections between thoughts, feelings, and actions and the impending results of this connection. This technique is directive, structured, and educational and is similar in construct to RET (Rational Emotive Therapy)

I am certified in the evidence based practices of DTQI (Depression Treatment Quality Improvement) and TF-CBT (Trauma Focused Cognitive Behavioral Therapy)

***DTQI**: A program designed to monitor and improve depressed mood in children partially employing cognitive behavioral techniques and following a structured and proven program.

***TF-CBT**: A structured treatment designed for children and involving parents who have experienced one or more traumatic life events resulting in post-traumatic stress disorder symptoms or functional impairments

Professional Fee and Policy

I offer a sliding scale fee depending on each client’s financial situation. The fee that I have agreed upon with my therapist is: _____/hr; _____initials). Payment is due in full at the end of each session. I do not work with insurance at this time, but I can provide you with a receipt so that you may seek out of network benefits. The time of your scheduled appointment is reserved for you. If you need to cancel or reschedule your appointment, please do so at least 24 hours in advance. It is my policy to charge in full for cancellations received with less than 24 hours notice. In the following situations you will not be charged for a last minute cancellation: sudden illness, unsafe driving conditions, and personal or family emergency. In the case of any of the above mentioned situations, I appreciate a phone call or email to inform me that you will not attend the session. I also reserve the right to cancel a session with less than 24-hour notice if I find myself in any of the above situations.

I will make every effort to return your call or email in a timely manner; however I may not be immediately available. If you are unable to reach me and feel that you cannot wait for my return call, please call 911 immediately. You may also call the Comitis Crisis Center at 303-343-9890. In addition, you can contact your family physician or the nearest emergency room and ask for the psychologist or psychiatrist on call.

Client Rights and Important Information

The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Registrations. The Board of Registered Psychotherapist 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.

-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.

**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, and the HIPAA Notice of Privacy Rights you were provided as well as other exceptions in Colorado and Federal law. For example, mental health professionals are required to report suspected child abuse to authorities. 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>.

** 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.

