

Frank Hesketh, MA
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Counseling Services for All

Professional Values and Therapeutic Methodology

A. Statement of Values & Philosophy

My therapeutic methods are derived primarily from two approaches: humanistic psychology and systems counseling. I have been trained in several therapeutic models, including EMDR, Narrative Therapy, Bowen's family model, Strategic, MRI, Guided Imagery, and Solution Focused Therapy. I use my own blend of treatment methods based on directions from you, your learning style, and the level of your comfort.

Humanistic therapy is based on the belief that you have within yourself the potential and resources to cope with life's problems. The therapies I use will offer enough safety and encouragement in session to allow growth toward your unrealized potential. You are the expert of your own inner experience and my job is to help you resolve or move through obstacles that have previously prevented you from doing this. Through this approach I will help you explore alternate ways of thinking and feeling about yourself and to experiment with new behaviors in the supportive environment we create together. Whether or not therapy is successful may depend on factors such as your willingness to create change, the nature of the desired change, outside influences, and the level of trust you and I develop together.

Systems counseling focuses on relationships and operates from the assumption that our families and our culture train us how to think, feel, and behave. The role you play at work and in your current relationships is rooted in your family of origin and plays out in your daily life – in the "here and now." In this approach we work together to find habitual patterns of interaction that are sources of difficulty. Discovering your habits of behavior as a member of a couple, family, or any group can assist you to develop better ways of "doing and being," ways that are more useful to you in gaining insights and happiness. My role is to challenge old ineffective behaviors and beliefs, and provide a safe environment in which you can choose to take risks and discover new and healthier options.

Each course of treatment is unique; thus your therapy will be a blend of what you and I do together. I am responsible for developing and implementing a course of treatment that will most effectively deal with your issues in the briefest period of time. You can decide if you are getting what you want out of our sessions, and you remain responsible for making the choices that lead to positive changes in your life.



B. Statement of Therapeutic Technique/Methodology

I recognize that it may be a giant step for you to ask for help and that you may be feeling nervous and anxious. Therefore, I want to make certain I do not involve you in any therapeutic method that would add to your discomfort. You can be assured that my methods are concrete, easy to work with, and are based on current therapeutic practices and common sense. In addition, I have no "right" way of doing anything, no prescribed agenda, and no one way of working with clients. I will let you lead us in the direction that works best for you.

I will strive to empower you as quickly as possible with tools that you can take with you. As a general approach, I want to address with you the most important issues that are creating difficulty for you. In other words, if you are depressed or anxious, hurt and sad, angry and defensive – or whatever your difficulty – I want to deal with those feelings right now to move you to a more comfortable place as quickly as possible. You will soon see and feel the benefits of facing issues whose origins are in your past, but whose pains you suffer here and now.

C. Miscellaneous Information for Potential Clients

I received my Master of Arts degree in psychology (Systems Counseling) from the LIOS College of Saybrook University. I have been married to my second wife since 1998. I have two children from my first marriage and two stepchildren, all of whom I love. I have been clean and sober since 1982. I enjoy dealing with a wide range of issues and I attend workshops and seminars regularly to stay abreast of new developments in my profession. I believe that all ways of "being" have merit and I welcome clients of any spiritual, sexual, political, or cultural orientation.

I attend regular case consultation groups with other therapists, and I see a therapist to work on my own issues so that I can explore the road ahead. I trust that my style reflects this and that you will experience me saying "Follow me," rather than "Go that way."

I welcome referrals, which signify your satisfaction and trust in my services.

D. Ethics and Professional Standards

Counselor Credentialing Act: I honor all regulations in the Counselor Credentialing Act (18.19 RCW). The purpose of the law is: (A) To provide protection for public health and safety; and (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.

The Washington State Licensing Department asks that you be informed of the following:

Counselors practicing counseling for a fee must be credentialed with the Department of Health for the protection of the public health and safety. Credentialing of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment.

Client Rights: As a client receiving counseling services in the State of Washington, you have the right to:

1) Choose the counselor and treatment approach that best suits your needs and purposes; 2) have full and complete knowledge of your counselor's qualifications and training; 3) be fully informed as to the terms under which services will be provided; and 4) refuse treatment.



Confidentiality: As a counseling client you have privileged communications under state law. With the exceptions of situations listed below, it is your right that the information shared in therapy sessions is held in the strictest confidentiality, including the fact that you are seeing me for counseling. The privilege is yours, not mine, and cannot be waived without your written consent. I will always act to maximize your privacy even when you waive your confidentiality or consent to an exchange of information.

The following are exceptions to your right to confidentiality:

1. If I believe that you are likely to do harm to yourself or to another person, I am required by law to take steps to protect you and/or the other person.
2. If I believe that you may be physically or sexually abusing or neglecting either a minor child or a vulnerable adult, or if you report information to me about the possible abuse of a minor child (under 18 years of age) or vulnerable adult (one who is dependent upon another adult for physical and/or emotional caretaking), I am required by law to report this to either Child Protective Services or Adult Protective Services.
3. If information is subpoenaed by a court.
4. If financial funding sources of the services (such as insurance companies) request information for quality assurance purposes.

Should disclosure of confidential information be necessary, I will work with you as respectfully and directly as possible. Keep in mind that I may speak of your case with other professionals for consultation purposes. I will always protect your identity in these consultations with the only exception of taped sessions. Clients must sign a release for taped sessions. I will share the recordings only with the other professional members of my consultation group.

Record Keeping: By law I am required to keep records of our sessions for 5 years unless you request in writing that no records be kept beyond basic identification. If you wish this, ask me for the form.

Complaints: If you have any concerns about your experience, please discuss it with me. If you feel I have been unethical or unprofessional, you can contact the Washington State Department of Health, Health Systems Quality Assurance Division, PO Box 47857, Olympia, WA 98504-7857. You may also call them directly at (360) 236-4700 or access online forms and information at www.doh.wa.gov/hsqa.

E. Fee Information, Cancellation Policy and Legal Matters

The fee for a private 50-minute session is \$130.00 and payable at the time of session. If you must cancel your appointment please contact me at least 24 hours in advance. This allows me to schedule other clients during that time or to plan accordingly. You will be responsible for the fee when cancellations are received less than 24 hours in advance. If you are seeing me through an insurance company, please note that **insurance will not cover missed sessions** so you are responsible for the full payment for missed sessions. I am open to phone calls between sessions. Phone calls lasting more than 15 minutes will be charged at my hourly rate. Likewise, any work such as writing assessments or letters on your behalf or talking to other care providers will be charged at my hourly rate.

It is my policy not to become involved in clients' legal matters (e.g. divorce, custody, immigration, etc.). For several important ethical and professional reasons I do not speak with clients' attorneys, provide reports, etc. In short, I am not a forensic psychologist; I do not have the proper skill or expertise to deal with courts.



**Consent for Participation in Counseling Services Provided by Frank Hesketh, MA
WA State Licensed Mental Health Counselor (LMHC) credential number: LH 60439126
Mental Health NPI number: 1689909517**

I have received and reviewed the Client Disclosure Statement. I have had the opportunity to ask any questions regarding this material and understand the information provided. I am of sound mind and body, participate voluntarily, and understand that I am personally responsible for my experience.

_____ Client Signature

_____ Date

_____ Name (Please Print)

_____ Street/Mailing Address (Please Print)

_____ City/State/Zip

_____ Home Phone

_____ Work/Cell Phone

_____ Email Address

_____ Counselor Signature

_____ Date

