

Jennifer Keyte, MA LMHC
6407 Fauntleroy Way SW, Seattle, WA, 98136
206-915-3365

Education and Theoretical Orientation

I received my B.A. in psychology at the University of Washington and completed my M.A. in Mental Health Counseling at Antioch University emphasizing both individual and family therapy. I have worked at Seattle Mental Health and gained experience counseling individuals and families dealing with a variety of issues. I view therapy as a unique, collaborative process that unfolds naturally between a client and myself. I provide a warm and supportive atmosphere in which clients may begin to explore and question personal patterns, themes, and relationships that may be affecting their lives in unforeseen ways. As clients' self-awareness grows, they are more able to make positive and healthy choices. My approach is informed by person-centered, existential, and systemic theories. According to Washington State Law, you have the right to choose a counselor who best suits your needs and purposes.

Appointments

Appointments are fifty minutes in length. Longer sessions are available if scheduled in advance. Please call me as soon as possible if you are unable to make an appointment or are running a bit late. Your appointment time is reserved specifically for you. There is no charge for appointments that are cancelled at least **24** hours in advance. **Except for emergencies, your regular fee will be charged for missed or cancelled appointments unless 24-hour notice is given.**

Fees

I charge \$120 per fifty minute session. I offer a reduced rate to a limited number of clients who are experiencing financial hardship. Please inquire if this is your situation. Payment and copays are due on the day of the appointment and may be made by either cash or check.

Insurance

I am an in network provider for: First Choice Health Network, Group Health Cooperative, Premera Blue Cross, Regence Blue Shield, and United Behavioral Health. If your insurance company is not listed above, you may contact your plan representative to determine if you have an out-of-network benefit.

Confidentiality

All matters we discuss in therapy are strictly confidential. By law, information concerning our professional relationship cannot be released without your prior, written authorization or the authorization of your personal representative in the case of death or disability. If you are under the age of fourteen your information may be released with your knowledge and with your parent's' or guardian's authorization. In family counseling situations, my client is the family - not

the individuals which make up the family. In Family counseling situations, I will share any individual communication with me with the others members of the family and no one else.

Email and Text are not confidential. I encourage you to leave a message on my confidential voice mail if communication is needed between sessions.

Professional Issues

I cannot guarantee a particular outcome of therapy. I do promise to devote my full attention and best thinking to you during our scheduled time together. I promise to treat you in a profession and ethical manner. If you think I am not helping you to make the changes you desire, please let me know this information so that I can make appropriate changes in your treatment or refer you to another professional. If after speaking with me, you have specific complaints about unethical practices, you have the right to contact the Washington State Department of Health Counselor Programs by phone at (360) 236-4700 or by submitting a written complaint to the Washington State Department of Health Counselor Programs at Post Office Box 47865, Olympia, WA 98504

I am a registered therapist (LH 60495844) with the State of Washington. According to Washington State Law: Counselors practicing counseling for a fee must be registered or certified with the department of health for the protection of the public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment. Clients are to be informed of the purpose of the Counselor Credentialing Act. The purpose of the law regulating counselors 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.

I am a solo practitioner; one of a number of subtenants who share limited common facilities at a common address.

Emergencies

In the event of an emergency, you are free to call my number (**206-915-3365**) at any time. This is a voice-mail system that I check regularly between 9am-9pm, Monday-Friday I also check my voice-mail at least once daily on the weekends. When I am out of town, or will be unavailable for an extended period of time, I will provide you with a back-up therapist. If you need immediate attention, or are in crisis, please call the Crisis Clinic at **206-461-3222** (available **24** hours/day).

I have received, read, and understand the Privacy Practices and Disclosure statement given to me by Jennifer Keyte:

Jennifer Keyte, LMHC

Date

Client Signature

Date