



## ELI GALVAN'S THERAPIST DISCLOSURE STATEMENT

### **Business Information:**

Local Realism  
Phone Number: 360-217-9125  
Address:  
2005 SE 192nd Ave STE 200  
Camas, WA 98607

**Formal Education and Training:** I received my Bachelor of Arts in Criminal Justice, with a minor in Psychology, from the University of Southern Mississippi. I continued to work in the service industry while attending graduate school. In 2016 I earned my Masters of Science in Mental Health Counseling from Capella University. I am a licensed Mental Health Counselor in the State of Washington (LH60918078). As a condition of my license I take part in continuing education courses in specialized areas to build my scope of practice and provide quality evidence-based treatment.

**Experience:** I have been helping individuals heal childhood wounds while learning and practicing mindful coping skills for seven years.

Refresh Therapy  
4/1/19 - 3/15/2024  
Skamania County Counseling Center  
2/4/19 - 3/29/19  
CODA  
6/22/16 - 1/31/19

**Philosophy and Approach:** My approach to counseling is a holistic one that considers the client's subconscious as it relates to the mind, brain, body connection. Jungian Psychology, Cognitive-Behavioral, Dialectical-Behavioral, as well as, Acceptance and Commitment therapies have been proven to be effective in treating a wide range of mental health issues. Of course, without a solid therapeutic alliance between counselor and client no change is possible. Working together we will decide on the best course of action. Along the journey you will cultivate a deeper sense of awareness and self-compassion, along with increased self-efficacy. This will help you build coping skills and mindful perspectives that will rewire your neuronal circuitry creating a new, more reality-based relationship with yourself.

**Participation:** Both the client and counselor contribute to the effectiveness of the therapeutic experience. You are always encouraged to ask questions regarding any part of the counseling process. It is my duty to provide a safe place for you to be open, curious, and honest. Therapy can be uncomfortable; learning how to cope with that discomfort will assist in the change process. Effort is the key to change. Putting effort into engaging in counseling, along with practicing the skills taught, will lead to a more fulfilling life. That being said you have the freedom to refuse to do an activity or discontinue therapy at any time. The most important aspect of therapy is your experience as a client. We will work together as a team to make that experience a positive one.

**Consultation:** In order to provide the best care possible, I regularly consult with other experienced professionals in order to gain a valued perspective on how to best serve clients in their unique journey. These consultations are obtained in a way that maintains confidentiality.

**Scheduling Appointments:** Appointments are typically made on a regular, weekly basis. Appointment times are not automatically held open for a client from week to week. At the end of each session we will schedule our next appointment. However, initially I will try to keep the same appointment time available for you as long as there are not frequent cancellations. If it is necessary to change or cancel your appointment, please let me know as soon as possible. If an appointment is canceled less than 24 hours in advance you will be charged the full session rate. I will let you know at least 2 weeks in advance, aside from emergencies, if I will be unavailable for a session.

**Termination:** The length of treatment is an individual progression determined by the therapeutic process. The transition out of therapy is a significant one and we will work together to make the process as smooth as possible. Please know that after termination you are welcome to return at any time in the future.