

**SOLUTIONS ... FOR A CHANGE**  
**KATHRYN MONTGOMERY, MA, LPC, NCC, CHT**  
**(720) 350-1813**

**DISCLOSURE STATEMENT**

Please read the following carefully and feel free to discuss any questions you might have. Your signature is confirmation of your understanding.

**Scope of Practice** In my capacity as a master's level psychotherapist, I am licensed in the state of Colorado as a Professional Counselor (LPC - #6392).

My work with you is sourced in a commitment to facilitate your personal goals. I have extensive training and experienced success in working with issues related to trauma, chronic illness, depression, anxiety, bipolar illness, relationship difficulties, addictions, and personal/spiritual growth. Depending upon the nature of the issue you wish to focus on, I might utilize techniques from a variety of healing approaches that may include (though not be limited to): talk therapy; mindfulness; interactive trance work with personal imagery; hypnotherapy; Gestalt; Systemic Constellations; Emotional Freedom Technique™ (EFT); Thought Field Therapy™; NeuroLinguistic Programming™ (NLP); Brainspotting™; Educational Kinesiology (Brain Gym™); shamanic journeying and/or various forms of subtle energy interventions.

If you are under the care of a physician for ongoing medical care or prescription drug use, I will ask you to sign a Release allowing me to confer with him or her as necessary in support of your treatment.

**Client Rights** You are entitled to receive information about and discuss any questions about various methods of therapy, techniques I use, the plan for duration of our work together, and my fee structure.

You will be supported should you wish to seek a second opinion from another therapist, and/or may terminate our work together at any time.

You are advised that sexual intimacy between a therapist and client is illegal, irresponsible, and unethical; *never* appropriate. As such, it must be reported to the State Grievance Board.

**Client Responsibilities** The healing and re\*solution of your issue is a creative process resulting from development of a personal relationship to your inner resources. To facilitate this process, you may be asked to do exercises outside of sessions such as imagery or journal writing. Your work will be to build that relationship and practice a new reliance upon guidance from this infallible source of wisdom.

To get the most benefit from our work together, I ask that you not use any mind-altering substances for at least 24 hours before our appointment (unless, of course, you are using prescription medication to manage a health condition). Keeping me aware of such influences will maximize our time together.

**Confidentiality** Given the following exceptions, information you share during therapy sessions is absolutely confidential. In addition to occasions for case consultation, limits to that confidentiality will occur if: (1) you are an immediate danger to yourself (suicidal) or gravely disabled (unable to care for yourself); (2) you are immediately dangerous to others; (3) there is reasonable evidence of neglect or abuse regarding a child or vulnerable adult; or (4) you are involved in a criminal or delinquency proceeding. Your signature on this form (1) allows me to consult with your other care practitioners and/or a professional skilled in clinical procedures for purposes of consultation, and (2) validates that you have received a Supplemental Confidentiality Letter more clearly discussing potential limits to the confidentiality you are entitled to.

**Training** I hold a Bachelor of Arts in Psychology University of Colorado - Denver) and Master of Arts – Counseling (Regis University). I am a Licensed Professional Counselor (LPC), Nationally Certified Counselor (NCC) and Certified Hypnotherapist (CHT) specializing in an Alchemical hypnotherapy process. I am also a Board Certified Coach (National Board of Certified Counselors) specializing in Life Coaching. I have engaged in multi-disciplinary studies leading to expertise in healing processes that work with mind-body-spirit-systemic connections, and specialize in an evidence-based approach called “ACT” (Acceptance and Commitment Therapy). I hold additional certificates in Somatic Healing, Touch for Health™, Thought Field Therapy™, Educational Kinesiology, Coaching and Group Facilitation™, Psych-K™, Brain-Spotting™ (an enhanced form of EMDR™), and various forms of somatic containment work.

I am a member of and subscribe to the professional ethics of the American Counseling Association (ACA), Nation Guild of Hypnotists (NGH), Chi Sigma Iota (Counseling Honor Society), Institute of Noetic Sciences (IONS), and International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM). I have been registered as a practitioner of psychotherapy with the State of Colorado (#NLC-3790) since 1994.

**Missed or Cancelled Appointments** I reserve time in my schedule especially for you. Unforeseen illness and emergencies excepted, you will be charged for sessions cancelled with less than a 24 hour notice.

**Rate** I charge \$110 per 60 minute session. Payment is to be made at the time of each session unless other arrangements are made. As an out-of-network insurance provider, I will provide a Super Bill for you to submit for reimbursement. I do offer 2 “sliding scale” slots for clients whose needs meet certain financial constraints.

**Telephone Calls** I will hold *brief* telephone consultations though time will be billed on a prorated basis at @1.84 per minute if use of these is excessive. Though phone sessions aren’t as useful for in-office therapy sessions, there will be times either one of us might find it expedient to arrange one -- conducted at the regular rate of \$110 via telephone or Skype.

**Regulatory Agency** The Colorado Department of Regulatory Agencies has general responsibility for regulating individuals who practice psychotherapy. Within that department, the agency having specific responsibility for licensed and unlicensed psychotherapists is the State Grievance Board, 1560 Broadway, Suite #1340, Denver, CO 80202, (303) 894-7766.

**Emergencies** My phone number is 720-350-1813. If I am unavailable, a phone message will so state and you will be directed to a qualified person who can provide emergency coverage. If for some unforeseen reason such coverage is not available, you are advised to call either 911, your local mental health center emergency number, your personal physician, or go to the nearest hospital emergency room.

**Office Sharing** I am currently renting office space and sharing with other treatment providers. Other than that agreement, no professional relationship with them exists. Other providers are not in partnership with me, nor do they have any responsibility for my practice; as such, I have sole legal responsibility for provision of psychotherapy services in my own separate practice.

**Please sign this form to indicate you understand your rights and responsibilities as a client, have been informed of my credentials, have read and understand the preceding information, and have received a copy of this Disclosure and the Supplemental Confidentiality Letter.**

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Client Signature

Date

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Kathryn Montgomery, MA, LPC, NCC, CHT

Date