

**Julisa Adams, MA  
5985 Brandywine Court  
Boulder, CO 80301  
(303) 818-6432**

## **Disclosure Statement**

This information is provided to you in accordance with the Colorado statute governing the practice of psychotherapy and counseling which is regulated by the Colorado State Department of Regulatory Agencies. If you have a problem with our work, I am committed to discussing that in a respectful, therapeutic and professional fashion. If that does not resolve the issue, you can call or write the DORA at 1560 Broadway, Suite 1340, Denver, CO 80202, (303) 894-7766.

You are entitled to information about my methods of therapy, techniques, and anticipated duration of therapy. You may seek an opinion from another therapist, or terminate therapy at any time. You should know that in a professional relationship, such as ours, sexual intimacy is never appropriate and violates legal and ethical codes. Certain therapeutic techniques can include a small amount of touch. Please let me know if you are at all uncomfortable with that. There are always alternatives.

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. As to the regulatory requirements applicable to mental health professionals: a Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a masters degree in their profession and have two years of post-masters supervision. A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision. A Licensed Social Worker must hold a masters degree in social work. A 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. A Certified Addiction Counselor I (CAC I) must be a high school graduate, and complete required training hours and 1,000 hours of supervised experience. A CAC II must complete additional required training hours and 2,000 hours of supervised experience. A CAC III must have a bachelor's degree in behavioral health, and complete additional required training hours and 2,000 hours of supervised experience. A Licensed Addiction Counselor must have a clinical masters degree and meet the CAC III requirements. A Registered Psychotherapist is registered with the State Board of Registered Psychotherapists, is not licensed or certified, and no degree, training or experience is required.

Information disclosed in a therapy session is confidential. This means that I will not disclose information without your consent with a few exceptions. These include cases of child abuse and neglect, or if you appear to be at a serious risk of harming yourself or others. I may need to discuss our work together with my supervisor, Betty Cannon, PhD (Licensed Psychologist, Co#2029) in a confidential session. Dr. Cannon can be reached at 303-494-0393.

**Education:** I have a Master's Degree in Counseling Psychology from Vermont College of Norwich University. I also completed half of the "Integral Counseling" Master's Program at The California Institute of Integral Studies (CIIS). I am a clinical hypnotherapist trained in Ericksonian, NLP, and Transpersonal hypnotherapy. I am trained in Eye Movement Desensitization Reprocessing (EMDR level II). I also have a background in Dream-body psychology and breathwork. I have completed the Brainspotting training (levels I & II), as well as advanced topics. I am committed to continuous training and have participated in group and/or individual supervision throughout my career, and on an ongoing basis. I am a registered psychotherapist in the state of Colorado (#4936).

Therapy requires consistent commitment, particularly when things get uncomfortable or challenging. It is a complex and personal relationship between therapist and client, which requires mutual respect and honesty. Cancellations undermine the work and diminish effectiveness. To create stability and safety it is essential for you to maintain a commitment to weekly sessions, or, at a minimum, every other week. When you want to end therapy, or take a break, it is important to discuss that with me to address any psychological ramifications. **Sessions are billed at full fee if you cancel with less than 24 hours notice.** If you are unable to come to your appointments in a regular and consistent fashion, we may need to discuss making other arrangements for your therapy.

**Health coaching:** I will assist you in understanding how to support your psychological healing and growth along with an understanding of physical aspects of health. This can include lots of suggestions about diet and lifestyle as well as nutritional supplements and sources of information. None of this constitutes medical advice. This is meant to support you in understanding your mind and body as a whole and is a crucial part of mental health. The choices you make must be based upon your own understanding and/or consulting with your doctor or other health care provider.

**Fees:** \$150 for 75 minutes. Sometimes sessions require a little more time. If we both have extra time and agree to extend the session, the additional charge is prorated. If you would like to use insurance to pay for therapy, I will be happy to provide you with a bill, which you can use for reimbursement. I also offer a one-time consultation of 75-90 minutes for \$155. Clients who would like to come to therapy weekly are eligible for a 10% commitment discount. This means choosing a weekly time and coming every week at that time. The discount is still available if you miss one in ten (10%) of your sessions, but not more. If you need to change your regular time I may not be able to accommodate your need, depending on how much notice you provide, as my practice is currently full. I will do my best to allow you to reschedule, but if you miss that week it will count as a missed week. For new clients, the full fee is charged and the tenth session is free. After that the fee is \$135 as long as the consistency is maintained.

If you need to call me, please do so between 8:30am and 8:30pm. In the event of an emergency, please call 911. I will start charging my regular rate for phone calls if they become lengthy.

Name \_\_\_\_\_ Signature \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_