



Kate Warwick-Smith, M.A.

MARRIAGE AND FAMILY THERAPIST

Private Practice in
Santa Rosa and Sonoma

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MFC #40025

Description of Psychotherapy Services Individual and Couple

What is Psychotherapy

Psychoanalyst, Carl Jung, once stated, "Who looks outside dreams, who looks inside wakes." Psychotherapy is that process he refers to of looking inside and awakening. However, what often brings people to therapy is not the desire to awake, but a desire to find relief from the inner turmoil and pain caused by outside situations, relationships or childhood experiences. Depth psychotherapy seeks to involve the many layers and levels of a person's holistic being in a circular process of change. As resolution and healing occurs more creative energy becomes available for relationships and life. Depth psychotherapy is not a magic pill or an instant solution, but for many has proven to be an avenue towards gradual, lasting change.

Qualifications and Experience

I am a licensed Marriage and Family Therapist. I hold a Masters degree in Counseling Psychology from the California Institute of Integral Studies in San Francisco and a Bachelors of Arts degree in Political Science from the University of California at Berkeley. Since 1998 I have worked and trained in a number of clinical settings helping individuals, couples, children and families make positive life changes.

Appointments

Appointments are 50 minutes long and occur weekly unless otherwise agreed. It is strongly recommended that appointments occur on a weekly basis for the greatest benefit. The first two or three appointments are for assessment and you can expect them to be different from a "normal" session. Their purpose is to gather information and to evaluate if and how best I can be of assistance. This is also a time for you to assess whether this is a good therapeutic match for you. I encourage you to discuss with me any concerns that you might have. Appropriate referrals will be given to you if either you or I determine that your therapeutic needs would be met best elsewhere.

Payment

The fee for each session will be _____. Payment is due at the time of the appointment. Cash or personal checks are accepted. No change will be available, so please bring exact change or credit can be given towards the next appointment.

Canceling Appointments

If you wish to cancel an appointment please give 24 hours notice or you will be charged for the missed appointment. Appointments that are rescheduled for the same week will not be charged.

PSYCHOTHERAPY

Adults

Couples

Children

Dream Groups



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Description of Psychotherapy Services (cont.)

Confidentiality

What takes place between a therapist and client is confidential and shall not be disclosed to others except when required by law or with the client's express written consent. Breaking therapeutic confidentiality is mandated by law when a therapist has reason to believe that an incidence of child or elder abuse/neglect has occurred, if there is a threat of serious harm to one's self or others, or if a court order has been issued.

Secrets Policy

In couples or family therapy, sometimes one individual divulges to the therapist a secret they do not want to be told to other individuals of the conjoint therapy. If this should occur I will encourage and support efforts to share this information with the other participants. I do not hold secrets. If you have any questions about this please do not hesitate to ask.

Ending Therapy

You have the right to end therapy at any time. However, I ask that you agree to attend one final session before terminating. At times therapy can be uncomfortable stirring up feelings that may be difficult to hold or express and cause you to think about ending therapy. I encourage you to discuss these feelings in order to fully explore the issues involved and take advantage of what might be an important healing juncture.

(Signature)

(Date)

(Signature)

(Date)

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