

**Wowlyenn Seward-Katzmiller, MFT45718**

6 Petaluma Blvd North, Petaluma CA 94952 and 517 Petaluma Avenue Sebastopol, CA 95472

707-787-0402

I'm a licensed Marriage and Family Therapist. My specializations are treating substance use, trauma, relationship issues and attachment problems. My approach is somatic, based in mindfulness and behavior change, and informed by harm reduction principles and motivational interviewing. I use EMDR and elements from Hakomi, Somatic Experiencing, and drama therapy/expressive arts. I reserve the right to refer clients with higher level needs to appropriate resources.

**Confidentiality**

The fact that you are my client and all identifying communication between us will be confidential except:

- When required by court subpoena to disclose
- When you sign a release for me to speak with a specific person for a specific purpose
- When you present a clear and imminent danger to yourself or to others
- When you tell me of potential abuse or neglect of a child, an elder, or a dependent adult, or of use of juvenile porn

For safety and comprehensive care, I may request a signed release to coordinate with:

- a personal emergency contact
- your primary medical doctor or psychiatrist (as applicable)
- your nutritionist (as applicable)

**Cancellation Policy**

Sessions are 50 minutes. I allow one "life happens" no-show per calendar year. Otherwise I charge full fee for cancellations under 48 hours. I don't charge for cancellations due to same day illness. Please practice self-care when sick.

**Phone Contacts**

I check my voice mail once daily M-F and return calls within 48 weekday hours. If you're in crisis, I'll provide referrals to crisis resources. I don't usually provide unscheduled phone sessions.

**Feedback and Ending Therapy**

I want you to feel better and stronger. My goal is to help you not need therapy ongoingly. I value and encourage your feedback about our work. When you decide to end therapy, please do so at least two visits in advance so we'll have time to review, create a maintenance/relapse prevention plan if applicable, and bring the work to a close.

**Touch and Movement**

I believe experiential process is powerful in therapy. I integrate movement and sometimes touch when it's professionally appropriate and only after fully discussing the specific use of touch with you and getting your feedback and consent. Touch is completely optional. Touch in psychotherapy is non-sexual, non-invasive, and does not involve massage or removal of clothing. I encourage you to direct, modify, or stop use of touch at any moment.

**Fee**

My fee is \$165 per 50 minute session, with limited sliding scale appointments available. You've agreed to pay \$\_\_\_\_\_ per session. I raise session fees by \$5 once per calendar year.

**I have read and agree to the above policies and I give my consent for psychotherapy.**

\_\_\_\_\_
Print Name

\_\_\_\_\_
Signature Date