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I feel privileged that you are considering therapeutic work with me. The following information is provided to further your awareness and understanding of our relationship. This document is not all-inclusive and I invite any questions you may have.

Education and Training I received a Master of Science Degree in Marriage and Family Therapy from Seattle Pacific University in 2008. Prior to studying family therapy I was a freelance graphic designer. I graduated from Walla Walla College in 1998 with a degree in Graphic Arts and practiced design for seven years in the Seattle area before shifting my focus to the study of Marriage and Family Therapy. I am married and have two young children. I continue to enjoy practicing graphic arts for my own enrichment.

Collaborative Family Therapy I provide child, adult, couple, and family therapy. I have experience working with individual adults, couples, children of all ages, and families experiencing many different life transitions.

I am an independent private practice therapist who shares office space and collaborates with Michelle Naden, Ph.D., Kurt Johns, Ph.D., Sally McIntosh Stoehr, M.A., Kimberly Delaney, M.S. and Bethany Anderson, M.S. as part of Collaborative Family Therapy on Bainbridge Island. We are each sole practitioners with regard to professional and financial matters.

Therapist Commitment I will work collaboratively with you and your family to provide the best possible service. Our mutual honesty throughout this process will create the best possible space for our therapeutic conversations. I encourage you to ask me at any time about my therapeutic processes and approach to our work together. You may choose to end our sessions at any time. You may also request a referral to another therapist. I am committed to abide by the American Association of Marriage and Family Therapy (AAMFT) code of ethics including its policy of not performing forensic evaluations for custody, residence, or visitation of minors who are working with me in therapy.

Therapeutic Orientation My training is in family systems approaches to therapy—through this lens problems are viewed in the context of family and social relationships rather than the domain of one individual. I approach therapeutic conversations from a narrative perspective where problems are regarded as entities that exist outside of people rather than in them. In this way fear, shame, guilt, and other problems can be minimized, creating space where people take center stage in choosing who they want to be and how they want to deal with these issues. Working from a narrative perspective involves therapeutic collaborations that focus on revealing the preferred story you want to see in your life.

Fees I bill \$85 per 50 minute session (\$130 for 90 minutes). My fee is not based on the number of people in our session, for instance, family therapy and individual therapy are both billed at the same rate. You will need to pay me by check or cash at each session. I do not bill to insurance. I accept credit cards via PayPal. Phone conversations, email and computer time will be prorated per hour after the first 15 minutes. **If you need to cancel please let me know 24 hours before our scheduled appointment to avoid incurring the full session fee.**

Supervision and Consultation Practices As a therapist working toward state licensure I regularly seek supervision on my therapy practices. It is important for you to know that confidential client information will be discussed in these consultations. I am supervised by Sally McIntosh Stoehr, MA., a Licensed Marriage and Family Therapist practicing at Collaborative Family Therapy. Please know that my supervisor is bound by the same confidentiality codes that I am and will not share identifying information about you with anyone else. I appreciate your willingness to enter into this therapeutic relationship with me. The ability to have supervision on our work together will further ensure that I am providing you the best possible service. For more on confidentiality please see my privacy document.

Emergency Contact In the event that you need to reach me about an emergency, please call my phone at 206-713-7402. If you cannot reach me, please call the Crisis Clinic at 206-461-3222 or 911.

Department of Health The Department of Health requires the following statement to appear: Counselors practicing counseling for a fee must be registered or certified with the department of health for the protection of the public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment.

Signatures By signing below you indicate that you understand and accept the information outlined in this document. My signature indicates that the information is accurate and that I will take responsibility for abiding by the terms outlined in this agreement.

Signature / Date

Signature / Date

Signature / Date

Signature / Date

Jeremy Mays / Date

Thank You!