

DOUGLAS W. BENJAMIN, M.S., LMHC

LICENSED MENTAL HEALTH COUNSELOR
MEDICAL PSYCHOTHERAPY, COUNSELING & CONSULTATION
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Disclosure Statement

Washington State law, RCW 18.9.060 , requires all mental health professionals to present their patients with written information which specifies the therapist's "education, training, and therapeutic orientation" to counseling services, "the receipt of which shall be acknowledged in writing by the counselor and client."

Education and Training

Masters of Science - Clinical & Counseling Psychology- Western Washington University

Bachelor of Arts - Psychology and Political Science- Seattle Pacific University

Licensure - State of Washington- Licensed Mental Health Counselor #LH00005940

Professional practice: Over 30 years of practice in counseling, psychotherapy, assessment and consultation. Special expertise and interests include general adult and adolescent psychotherapy, couples counseling, evaluation and treatment of Attention Deficit Disorders, depression and anxiety disorders, families with special needs children, chronic medical conditions, substance use problems, crisis intervention, critical incident debriefing, clinical program development, consultation to primary care providers, behavioral medicine, clinical supervision, grant writing/research, public speaking.

Therapeutic Orientation: Cognitive, behavioral and neurobiology based psychotherapy.

Professional Appointments

School Board Director, Vice Pres.- position 5- Bellingham Public Schools

Public Health Advisory Board, Chair- Whatcom County Health Department

Provider Advisory Council- United Healthcare, Washington State Plans

Utilization Sub Committee- Board of Directors- Community Health Plan of Washington

Behavioral Health Director- Interfaith Community Health Center

Behavioral Health Consultant- Early Childhood Assessment Clinic- County Health Department

Behavioral Health Consultant- OptionCare, Inc.

Director of Emergency Services- Whatcom Counseling & Psychiatric Clinic

Senior County Designated Mental Health Professional- Whatcom County, Washington

Clinical Director- Whatcom County CISD program

(Office Policies- back side)

Office Policies

1. Services are provided by appointment. Sessions are generally scheduled on the hour and last 50-55 minutes. Some couples or family sessions may last longer and the fee adjusted accordingly.
2. Fees will be discussed during the initial session. A reduced fee is available for those without insurance and who choose to pay at the time of service, which reduces associated billing costs. Fees for forensic work are generally higher.
3. Appropriate billing and claims submission arrangements for those who have insurance coverage will be made depending upon the nature of their coverage. All fees are ultimately the responsibility of the patient.
4. No-show appointments and late cancellations (less than 24 hours) will be billed at the full rate. Generally, health insurance plans do not cover no-show charges.
5. All patient information and records are kept in the strictest of confidence. Any information to be released from the office will require a specific signed release by the patient(s).
6. If you have an urgent situation and need to reach me, use the texting option when you call. I will return your call as soon as possible. Otherwise, calls will generally be returned by the next business day. If you cannot reach me and have an emergency please call 911 or go the nearest emergency room.

Patient Copy Received

Douglas W. Benjamin, M.S., LMHC

Date