

**Crystal Duncan, LCSW CA61763**

**Therapy is a dynamic, professional relationship between people that works in part because of clearly defined rights and responsibilities held by each person. This frame helps to create the safety to take healthy risks and the support to become empowered to make change. The goal is *your* well-being. As a client in therapy, you have certain rights that are important for you to know about because this is *your* therapy. There are also certain legal limitations to those rights that you should be aware of.**

**As a therapist, I have corresponding responsibilities to you. I have described these responsibilities and what work with me might be like in ordinary language to make things as clear and straightforward as possible. If you have questions now or in the future, please ask them. I appreciate your thoughtfulness and thoroughness and want to be the best ally possible to you.**

### **My Training and Approach to Therapy**

**I have a Masters degree in Social Work earned in 2009 at Hawaii Pacific University Social Work graduate program. I am bound by applicable law and the National Association of Social Work (NASW) ethics. I have a practitioner's (social work) license from the state of California.**

**My areas of expertise include but are not limited to: Dialectical Behavioral therapy, Cognitive Behavioral Therapy, Acceptance and Commitment therapy, spirituality, gender and sexuality issues, trauma issues, and skills training for positive coping. My social work training emphasized a systems approach thus I see persons as independent individuals, as well as members of family, peer, work, social, societal, religious, national, and environmental groups.**

# Sanctuary by the Sea Counseling Services (SSCS)

## Approach to Therapy

**My approach to therapy is authentic, eclectic, and holistic. I believe that therapy should be as client-driven as possible. I may use a variety of techniques in therapy, to find what will work best for you. These techniques are likely to include dialogue, interpretation, cognitive reframing, awareness exercises, self-monitoring experiments, visualization, movement, and journal-keeping, I also refer to resources such as films, classes, practitioners, and such, if I think these ideas might help. If I propose a specific technique that may have special risks attached, I will inform you of that, and discuss with you the risks and benefits of what I am suggesting. I may suggest that you consult with a physical health care provider regarding treatments that could help your problems; I refer to a variety of practitioners, and will be glad to discuss with you the pros and cons of various alternatives. I may also suggest that you join a therapy or support group as part of your work with me.**

**You have the right to refuse anything that I suggest without being penalized in any way.**

**Therapy also has potential emotional risks. Approaching feelings or thoughts that you have tried not to think about for a long time may be a painful relief. Making changes in your beliefs or behaviors can sometimes be difficult within the relationships you already have. You may find your relationship and therapy work to be a source of strong feelings. It is important that you consider carefully whether these risks are worth the benefits to you. Most people who take these risks find that therapy is helpful, and I will do what I can to help you minimize risks and maximize positive outcomes.**

**Thank you and I look forward to working with you,**

**Crystal Duncan, LCSW**