



Samantha Siegel Kamin, MA, LPC  
Child and Adolescent Psychotherapist

## DISCLOSURE STATEMENT

### Therapeutic Orientation

My passion is to help children, adolescents, and young adults thrive by cultivating greater self-awareness, understanding, and acceptance. By using mindfulness-based approaches and building a strong relationship grounded in playfulness and authenticity, I provide a safe, non-judgmental place where self-knowing leads to growth and well-being. I strive to promote emotional intelligence by helping children and adolescents learn how to identify and effectively express their feelings and thoughts as well as choose effective coping tools in order to regulate through difficult moments. While I deeply believe in helping kids learn practical skills to succeed, I hope to guide my clients through the darkness of suffering into the light of connection, joy, and belonging. My ultimate goal is that my clients learn that it is OK and safe to be who they are and how to truly love themselves.

My style is collaborative, fluid, and dynamic. Though trained in mindfulness-based methods, I work from a trauma-informed, neurobiological and holistic perspective and apply a comprehensive accumulation of modalities including play, yoga, somatic, cognitive behavioral, positive psychology, Gestalt, and existential approaches to psychotherapy.

### Education and Experience

I graduated with a Master's Degree in Transpersonal Counseling Psychology from Naropa University in 2015 and have since worked in a children's residential treatment facility as a day treatment therapist. While in school, I completed a 700-hour internship in a juvenile detention center, working daily with adolescents in a corrections setting.

### Regulatory Agency

The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Registrations. The Board of Registered Psychotherapists and Licensed Professional Counselors Examiners can be reached at: 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800.

As to the regulatory requirements applicable to mental health professionals:

- A Registered psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in Colorado but is not licensed by the state and is not required to satisfy any standardized educational or testing requirements to obtain a registration from the state.
- A Certified Addiction Counselor I (CAC I) must be a high school graduate, complete required training hours and 1,000 hours of supervised experience.
- A Certified Addiction Counselor II (CAC II) must complete additional required training hours and 2,000 hours of supervised experience.
- A Certified Addiction Counselor III (CAC III) must have a bachelor's degree in behavioral health, complete additional required training hours and 2,000 hours of supervised experience.
- A Licensed Addiction Counselor must have a clinical master's degree and meet the CAC III requirements.
- A Licensed Social Worker must hold a master's degree in social work.
- A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure.

- A Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a master's degree in their profession and have two years of post-masters supervision.
- A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision.

### **Client Rights**

As a client, you should be aware of the rights to which you are entitled. These include:

- (1) You may receive information from me about my methods of therapy, the techniques I use, the duration of therapy (if it is possible to determine), and my fee structure. Please ask at any time if you would like to receive this information.
- (2) You may seek a second opinion from another therapist or terminate therapy at any time.
- (3) In a professional relationship (such as ours), sexual intimacy between a therapist and a client is never appropriate. If sexual intimacy occurs, it should be reported to the Department of Regulatory Agencies, Mental Health Section.
- (4) The information provided by and to a client during therapy sessions is legally confidential if the therapist is a licensed psychologist, licensed social worker, licensed professional counselor, licensed marriage and family therapist, licensed or certified addiction counselor, or an unlicensed psychotherapist, except in certain situations as provided by state statutes.

### **Confidentiality**

The information provided by the client during therapy sessions is legally confidential in the case of licensed marriage and family therapists, social workers, professional counselors, and psychologists; licensed or certified addiction counselors; and registered psychotherapists, except as provided in § 12-43-218 and except for certain legal exceptions that will be identified by the licensee, registrant, or certificate holder should any such situation arise during therapy.

I may consult with my supervisor (Bridget Borsdorf, LPC) or confidential peer supervision group without disclosing your full name or identifying information. The purpose of these consultations is to enhance my ability to help you, and these individuals are required to follow the same standards of confidentiality previously described.

### **Records**

Any person who alleges that a mental professional has violated the licensing laws related to the maintenance of records of a client eighteen years of age or older, must file a complaint or other notice with the licensing board within seven years after the person discovered or reasonably should have discovered this. Pursuant to law, this practice will maintain records for a period of seven years commencing on the date of termination of services or on the date of last contact with the client, whichever is later.

When the client is a child, the records must be retained for a period of seven years commencing either upon the last day of treatment or when the child reaches eighteen years of age, whichever comes later, but in no event shall records be kept for more than twelve years.

### **Outside of Therapy**

It is important in the therapeutic process to have a clear boundary between our work here and your life outside of counseling. As your therapist I cannot have any other role in your life, such as friendship, social media connections, or business partnerships.

### **Services, Fees and Payment**

I offer individual therapy for children, adolescents, and young adults as well as parent consultation. My rate for both individual counseling and parent consultation is \$120/hour. Payment is expected at the time of service and

may be made in cash, check made payable to Mindfully Me or Samantha Siegel, or credit card. I do not accept insurance at this time.

If you have any questions or would like additional information, please feel free to ask.

**Disclosure Statement Acknowledgement**

By signing below, I acknowledge that I have read the preceding information and I understand my rights as a client or as the client's responsible party.

\_\_\_\_\_  
Print Client's name

\_\_\_\_\_  
Client's Signature

\_\_\_\_\_  
Responsible Party's Signature

\_\_\_\_\_  
Date

If signed by Responsible Party, please state relationship to client and authority to consent:

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