

## **Sandra Mathews, MSW**

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Welcome! This handout will familiarize you with my therapy practice. It tells you what you can expect of me and what I will expect of you.

### **Qualifications**

I am a Board Certified Diplomate in Clinical Social Work and a trained psychotherapist. In addition to my graduate training (M.S.W., University of Washington School of Social Work), I have done graduate work in the counseling program at Seattle University and 50 hours of advanced training in psychotherapy. Between 1990 and 1996, I practiced psychotherapy at Valley Cities Mental Health Center and Family Counseling Service of Snohomish County. Since 1993, I have maintained a private practice. I have done brief and long term work with adults and couples.

### **Treatment Approach**

My form of therapy allows us to draw upon your history, life patterns, dreams, thoughts and feelings. This process requires you to reflect, observe yourself and openly express your thoughts and feelings in the moment. You will lead the process, and I will engage with you as your ally, companion, guide and monitor of safety. I use the assistance of your partner whenever it's desirable and feasible.

My approach to couple treatment involves you and your partner developing an ability to pursue your wishes more effectively, to stay in contact with these hopes and to develop mutual sympathy not only about the disappointment of these hopes, but also about your respective difficult days. This process shortcircuits spiraling alienation and increases the possibility for compromise, adjustments and concessions.

### **Agreements**

The following pages describe and ask you to sign agreements about our sessions, my fee, confidentiality, and your other rights and assurances. Next is the application form to fill out. Other forms necessary to using your insurance may be added for you to fill out or sign. My notice of privacy practices is included for you to sign. Ask me to explain. I will answer your questions.