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General Information

Welcome to my therapy practice. I look forward to working with you. In my view, we're in it together, as a team. Our job is to interpret the experiences of your life and to make sense of what it's trying to show you. My belief is that life is always trying to help us, by teaching us things. The trick is to understand what those things are, instead of fighting against them or being made miserable by them.

My goal is always to foster more *curiosity about self* and to facilitate a higher awareness. I have found that there is much peace to be gained when one can observe oneself (in both thoughts and actions) instead of just reacting to every thought and perception as though they are facts. This to me is the difference between being tossed around by life like a piece of driftwood in the ocean, or being in a boat with a rudder and wheel.

Much healing and positive change can occur within the client-therapist relationship. It is my practice to work from a practical and strengths based approach. This means that I believe it is most helpful to build on your already strong areas in the now. People sometimes have a tendency to focus on all the things that are not going well, and it's often more helpful to figure out what is working and build on that.

Records

Records include identifying information and dates of sessions. They can only be released with your written permission and directions, and it is my policy to release only the minimum amount of information required. You may read your record at any time. I do, however, reserve the right to be present in case you have any questions regarding the content. In compliance with the Health Insurance Portability and Accountability Act of 1996 (HIPAA), your records are kept private and safe.

Peer Consultation and Supervision

It is my practice to occasionally seek peer consultation. I am also mentored by other types of clinicians and psychotherapists with many years of experience. In all of these cases your name is not disclosed. All of the other clinicians I am associated with are bound by the same laws of confidentiality that I am. The reason I make a practice of clinical supervision is because I strongly believe (and research proves) it makes me a better therapist.

Termination

Termination will usually be mutually agreed upon, but you are free to terminate at any time. In a few special instances I may decide to stop working with you even though you wish to continue. These include a failure to meet the terms of our fee agreement, a need for services outside of the area of my competency, or a prolonged period of time where we are unable to make progress in our work together. Should that occur, we will discuss the situation, and I will assist you in making other plans, and/or providing a referral for you to see another therapist.

I have read the above information and understand my rights and responsibilities.

Client Signature

Date

Therapist Signature

Date