

Thomas Darryl Stewart
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Therapy With Tomi
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Professional Disclosure

Prior to the start of treatment, I would like to provide you with information about your rights as a client and information regarding my credentials, background, the therapeutic process, and our professional relationship. Please let me know if you have any questions or concerns and I will be happy to discuss them with you. I look forward to working with you.

Education, Training, and Experience

I earned my master of social work degree (MSW) from San Diego State University in 2014. I completed two ten-month internships during my graduate program. My first internship was at a special treatment center for clients under conservatorship. I provided individual and group therapy for adults and transitional aged youth (TAY) clients. I also assisted with all of the community placements for clients who were ready for a lower level of care. My second internship was at a walk-in clinic for clients with co-occurring substance use disorders and serious mental illness. I provided weekly therapy for my individual clients and facilitated several therapy groups.

I worked for the Department of California State Hospitals at Atascadero from 2014 to 2022. It is a maximum security forensic mental health facility for individuals under penal codes 1026 (not guilty by reason of insanity), 2962/2972 (mentally disordered offenders ordered to serve parole in the state hospital rather than the community, due to dangerousness), 1370 (individuals incompetent to stand trial due to mental illness), and 2684 (individuals serving time in prison but require a higher level of mental health care than prison can provide). I spent three years as the clinical social worker on the “enhanced treatment unit”, a unit for patients too dangerous to be housed on a normal unit. Reasons for extreme dangerousness included developmental disorders, severe psychosis, and psychopathy. I was also an active member of the hospital’s Dialectical Behavioral Therapy (DBT) team for four years. I provided individual DBT therapy to patients diagnosed with borderline personality disorder (BPD) and facilitated multiple weekly DBT skills groups. I served as the hospital’s department of social work secretary for two years and served as the department chair for two years.

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I have worked with a wide variety of clients from diverse backgrounds. I strive to meet my clients where they are, learn who they are, and partner with them on working towards a fulfilling, values-driven life. I have focused my training on working with adolescents and young adults but also work with adults of any age. I have experience providing individual, group, and couples therapy, but I focus my current practice on individual therapy.

I have additional experience and training in providing gender-affirming and trauma-informed care for transgender, non-binary, and gender-expansive adolescents and adults. My goal in therapy is to provide a safe therapeutic environment where clients feel supported, accepted, affirmed, and respected for exactly who they are.

Therapeutic Orientation and Philosophy

I use a person-centered approach and primarily utilize Acceptance and Commitment Therapy (ACT) as a treatment approach and philosophy. ACT is a third-wave cognitive behavioral therapy that incorporates mindfulness practice to help individuals learn to allow for emotions, sensations, and thoughts to be present while living a life directed by personal values. I keep myself current with regular ACT trainings. I am also trained in and draw from Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Motivational Interviewing (MI). My trainings in all of these modalities have been received from leading experts in each modality.

I believe that disconnection and social injustices greatly contribute to human suffering, and that healing takes place when individuals grow individually and collectively through their relationships across the lifespan. During therapy, we will dive into deconstructing how your sense of self may be largely influenced by oppressive and patriarchal systems and develop a more positive self-view. I will encourage you to identify and express your full range of emotions, as every emotion is valid and exists to give us important information. I provide empathy, validation, and unconditional acceptance for who you are. I encourage you to embrace your identity. I create a safe space for you to be open and honest about your true emotions, thoughts, and feelings. I believe in building a strong, genuine therapeutic relationship and invite open discussions of how my identity as a White, assigned male at birth (AMAB), gender non-binary, pansexual therapist impacts our relationship, working to minimize the power-differential that may be present.

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I believe you are the expert in your own life. You are unique, you are worthy, and I want to hear your story. As a team, we can identify an approach and solutions that will work best for your individual needs. I believe everyone deserves to feel whole and live a peaceful, fulfilling existence.

Purpose and Goals of Treatment

As a licensed mental health practitioner, I use evidence-based treatments to assist clients based on individualized assessments. Effective counseling is dependent on building a strong and trusting counselor-client relationship to ensure space for growth, exploration, and goal achievement. It is a collaborative process, where we will work together to identify your goals and come up with a plan on how to achieve them. My goal is to learn about you, enter your world in my imagination, and offer an empathetic, non-judgmental, caring, and accepting space where we can explore your deepest thoughts, emotions, pain, ideas, etc. Treatment is based on your goals and what you put into it. It requires inner work on the part of the counselor and client alike, which can be uncomfortable at times. Some examples of goals we can work on are enhancing coping skills, facilitating behavior change, promoting decision making, and improving relationships, among others. Length of treatment depends primarily on your desires for our work together and how effective you find our work together to be. This is something we will discuss and agree upon during our initial session. As a client, you always have the right to refuse treatment. You also have the right to choose a practitioner and treatment modality which best suit your wants and needs.

Expectations During Treatment

FEES

50 minute session	\$150
15 minute crisis coaching	\$50
Letter writing	\$25
Late cancellation / no-show fee	\$75

- 1) “Late cancellation” refers to cancellation of a session less than 24 hours before our appointment time. I will waive the late cancellation / no-show fee once during our first three months of working together. I may also be able to waive the fee if we are able to re-schedule for later that same day or later within the same week. I will not charge due to emergency.
- 2) You are not liable for any fees or charges for services rendered prior to receipt of this disclosure statement.
- 3) If you are billed inaccurately, I will of course reimburse you as soon as possible.
- 4) For clients connected to me through Rula, contact Rula for any and all billing concerns.

Sessions

- 1) Regular sessions are scheduled in 60-minute blocks and last 50 minutes. I need the remaining time to prepare my mind, body, and paperwork for my next client or obligation.
- 2) Please arrive to our sessions on time. I will wait for you for 15 minutes. After that time, I will need to use my time for other matters and you will be charged the no-show fee.

Tele-therapy

- 1) At the beginning of each session I need you provide me with the address location you are joining the call from.
- 2) A strong, reliable internet connection is needed to engage in this mode of therapy. I cannot be as effective with intervention if I cannot see and hear you clearly.
- 3) I ask that you always join the video feed and allow me to see you. This helps me accurately interpret what you are communicating and allows for more accurate assessment.
- 4) A private space is required. Please ensure other people are not in the area while you are in session (unless we have previously discussed them being an active participant in the session). If you are unable to access a private, quiet space at the time of our appointment, we will have to reschedule and you will be charged for late cancellation.
- 5) We will not hold session while you are in a moving vehicle. If you are driving, I will ask you to pull over. If you are unable to pull over we will have to

reschedule and you will be charged the late cancellation fee. This is an issue of your physical safety, my liability, and the distraction of driving impedes your ability to participate in a meaningful session.

- 6) Please wear clothing. Casual and comfortable is perfectly fine.
- 7) For tele-therapy sessions, I must have a viable form of electronic payment on file. I accept credit cards, debit cards, and PayPal (not including Rula clients).

Confidentiality

I will protect the confidentiality of all information obtained in the course of professional service, except for compelling professional reasons. Confidentiality does not apply when disclosure is necessary to prevent serious, foreseeable, and imminent harm to you or an identifiable person. In all instances, I will disclose the least amount of confidential information necessary to achieve the desired purpose; only information that is directly relevant to the purpose for which the disclosure is made will be revealed.

Reporting malpractice or professional misconduct

Washington Clients

- 1) A full list of what constitutes as unprofessional conduct per Washington state law can be found here: <https://app.leg.wa.gov/RCW/default.aspx?cite=18.130.180>
- 2) You have the right to file a complaint against any licensed practitioner or facility at any time. You can do so here: <https://doh.wa.gov/licenses-permits-and-certificates/file-complaint-about-provider-or-facility> or by calling 360-236-4700.

California Clients

- 1) A full list of unprofessional conduct per California's state law can be found here: <https://www.bbs.ca.gov/pdf/publications/lawsregs.pdf>
- 2) Clients residing in California can report any professional misconduct on the part of a practitioner or facility to the California Board of Behavioral Sciences (BBS). This is a direct link to the BBS' consumer complaint page: https://www.bbs.ca.gov/consumers/consumer_complaints.html