

Professional Disclosure / Informed Consent

Taylor Garff, LCPC, CMHC, LPC, CLYL

Inner Heart Therapy, LLC

Phone: 509-903-6024

Monday - Thursday 9 AM - 4 PM

Education

Bachelors of Science in Social Science – Boise State University, 2012

Master of Counseling, Mental Health Emphasis – Idaho State University, 2014

Licensure

Licensed Professional Counselor, Idaho LPC

July 2014 - January 30, 2019

Licensed Clinical Professional Counselor, Idaho (LCPC – 7150)

January 30, 2019 - November 2024

Out-of-State Telemental Health Provider Florida TPMC 1034

June 8, 2021 - Does not expire

Clinical Mental Health Counselor, Utah 12797238-6004

April 11, 2022 - September 30, 2024

Licensed Professional Counselor, Colorado LPC.0018672

September 6, 2022 - August 31, 2025

Certifications

Certified Laughter Yoga Leader

Solution Focused Brief Therapy Level 1

HeartMath

Boundaries in Psychotherapy

Theoretical Information

In counseling, there are many different ways a counselor can invite change. I primarily rely on Person-Centered Counseling. In Person-Centered Counseling, you are the expert on yourself, and you get to drive where our counseling journey is going. As part of this theory, I like it when you bring in something that you want to talk about because then I know it's important for you and we won't spend time out in the left field talking about something different. I believe that each person has the ability to change, that ability can get bogged down by daily life, and that together we can uncover that ability and allow it to flourish.

Another theory I utilize is Polyvagal Theory. Polyvagal Theory can be compared to a traffic light controlling our body's response to stress and safety. The green light represents the 'ventral vagal complex', where we feel safe, relaxed, and connected with others - everything is calm and flowing smoothly. The yellow light is like our 'sympathetic nervous system', signaling caution; it prepares us to take action, either to fight or flee, when we face stress or danger. Finally, the red light is the 'dorsal vagal complex', which is like hitting a stop signal in extreme fear or overwhelm, causing us to freeze or shut down. This traffic light metaphor helps explain how our body and mind react under different levels of stress and safety.

Next is HeartMath. HeartMath is a method that focuses on improving emotional well-being and reducing stress through techniques that synchronize the heart and brain. Imagine your heart and brain as musicians in a band: when they play in harmony, the music (your emotions and thoughts) flows beautifully. HeartMath teaches you to be the conductor of this band, using breathing techniques and positive emotional focus to bring your heart rate into a smooth, wave-like pattern. This harmony promotes a sense of calm, clarity, and balance, making it easier to handle stress and improve overall health. It's like learning to tune an instrument - in this case, your own body and mind - to play at their best.

Finally, Written Exposure Therapy. Written Exposure Therapy (WET) is a simple yet effective method to help people overcome trauma and its emotional impact. It's like writing a personal story: individuals are guided to write about their traumatic experiences in detail over several sessions. By repeatedly writing about these events, the intense emotions and memories associated with the trauma gradually lose their power. This process helps to reduce the distress and symptoms of trauma, similar to gradually turning down the volume on a loud, unsettling noise. WET is brief, usually involving fewer sessions than other therapies, and focuses on writing as the primary tool for healing, making it an accessible and straightforward approach for dealing with traumatic experiences.

Areas of Competence

I am trained to work with adult individuals who present with a myriad of mental health conditions and specialize in the following:

LGBTQIA2S+

Gender Dysphoria

Anxiety

Trauma

Course of Action

Our first appointment is what is called an Intake. During this intake we will discuss what brings you to therapy, what are your life circumstances, as well as other parts of your life. This allows me to get a snapshot of your mental wellbeing and allows me to meet you where you are. During this appointment I will be assessing you for a diagnosis if you are using insurance, or would like one provided.

I then examine all of the information we discuss and use the Diagnostic and Statistical Manual (DSM-VTR) to attempt to provide an accurate diagnosis. This may change throughout our course of treatment and these discussions will take place with you prior to any changes made. Diagnosis is not an exact science. From there I will also take your goal(s) for therapy and build a treatment plan that uses evidence-based approaches, which means these have been studied to be effective for the mental health condition we are working with. From here we will engage in session as frequently as discussed and stated in the treatment plan.

Relationship and Billing

Counseling is defined by the American Counseling Association (ACA) as “a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.” As a courtesy to you, I will file a claim with your insurance company and other third-party payers on your behalf, but I cannot guarantee any benefit coverage or payment. If, for any reason, your insurance company does not pay for counseling services as you expect they will, you are responsible for payment in full to our agency.

Fee Schedule

Sliding scale availability is limited to 5% of my caseload and is only available through OpenPath at this time. As of this informed consent on January 13, 2024 my caseload exceeds 5% and will not be open until 2026.

Extent and Limitations of Confidentiality

Your confidentiality is important to me. All services are guided by the Ethical Principles and Standards of the American Counseling Association, as well as Idaho State Law. All communications between a mental health professional and a client are protected by law. If required or requested, I will release information regarding our communications to others with your express written consent. (Release of Information Form) There are limits to confidentiality; mandatory reporting requires me to report situations, to the appropriate authorities, where the client is a danger to self or others. Situations in which a child, elderly, or disabled person is subject to abuse or neglect are also subject to mandatory reporting. If there is a court order, voluntary release signed by client or guardian, or during supervisory consultations. If this arises during the session, you will have the opportunity to work with me as a team in resolving the issue(s).

Sexual Intimacy

Sexual intimacy with a client is never appropriate and should be reported to the appropriate Board of Licensure immediately. Please see the information at the bottom of this page.

Ethics

I will adhere to the Code of Ethics of the American Counseling Association and rules of each Licensure Board listed below.

Client Rights

I respect all human, civil, constitutional, and statutory rights of each client. These rights include but are not limited to the following:

- Availability of treatment to all without any regard to race or ethnic origin, sex, religion, age, orientation, veteran status, or disability.
- Treatment includes: Recognition and preservation of all human dignity of each client.
- Active participation in treatment decisions.
- Confidentiality of all client information and records.
- The right to obtain the opinion of a second party, if desired, at the client's own expense.
- Notification of rights in writing and the right to have those rights explained.
- A right to terminate the counseling relationship at any time.

Board of Licensure Contact Information

Idaho Board Information: <https://dopl.idaho.gov/>

P.O. Box 83720 Boise, ID 83720

Florida Board Information: <https://floridasmentalhealthprofessions.gov/>

4052 Bald Cypress Way, Bin C-11 • Tallahassee, FL 32399

Utah Board Information: <https://dopl.utah.gov/index.html>

P.O. Box 146741 Salt Lake City, UT 84114

Colorado Board Information: <https://dpo.colorado.gov/ProfessionalCounselor>

1560 Broadway #1545, Denver, CO 80202

This disclosure statement is required by the Mental Health Professions Licensing Act.

The practice of counseling is regulated by the Boards of Counseling Professionals Licensure listed above.

The board is authorized by law to discipline counselors who violate the board's laws or rules.