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Client Information Sheet

The Therapeutic Process

We will begin by looking at the issues and concerns that brought you in for counseling at this time. During the first session, a brief medical, personal, and family history will be obtained to aid us in the establishment of your treatment goals. We will work together to specify the desired changes that will be the focus of counseling/therapy.

Office Procedures

Each session will be approximately fifty minutes in length. Please be on time for your session. Payment is expected at the time of each meeting. Please give the office at least 24 hours notice of an appointment cancellation in order to avoid a charge for the reserved time. If you have any questions about fees or payment procedures, please discuss them with me during our first meeting.

About Your Therapist

Dr. Hasbach completed her graduate training at the University of Pittsburgh and completed a post-doctoral degree at Naropa University. She has worked in a variety of settings including the women's centers and counseling centers of several colleges, with the Parent & Child Guidance Center (working with families experiencing divorce and/or remarriage), and was the Executive Director of Crisis Center North in Pittsburgh, PA. She has been in private practice since 1983 where she offers traditional psychotherapy and ecotherapy to individuals, couples, families, and groups. Dr. Hasbach served as the co-Director of the Ecopsychology Program at Lewis & Clark College where she has been an adjunct professor for 13 years. She offers training and consulting services to businesses, schools, hospitals, and non-profit organizations.

Her new book, *Grounded: A Guided Journal to Help You Reconnect with the Power of Nature – and Yourself* (2022) is published by Simon & Schuster. She is also the co-author of two MIT Press books: *Ecopsychology: Science, Totems, and the Technological Species* (2012) and *The Rediscovery of the Wild* (2013). She is a member of the Editorial Board of the journal, *Ecopsychology*.

Dr. Hasbach is a member of the American Psychological Assn, the American Counseling Assn, the Association of Women in Psychology, and Society on Environmental, Population, & Conservation Psychology. She is certified by the National

Board for Certified Counselors, is licensed by the state of Oregon, and is a certified police instructor in the area of Crisis Intervention.