

Professional Disclosure Statement

Kinsey Womble, MSW, LCSW
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Education and Background

I have been practicing in outpatient mental health therapy since 2019 and prior to that I was practicing in in-home community mental health. I received my Bachelor's degree in Social Work from Meredith College in 2017. After that I completed my Masters in Social Work from East Carolina University. I am a licensed with the North Carolina Social Work Board (#C01365) and am also a supervisor for clinicians seeking full licensure.

My past experience includes working with at risk children and families, particularly those within the juvenile justice system, DSS and foster care system. I currently specialize in treating children, adolescents, and adults who are experiencing symptoms of PTSD along with depression, anxiety, bipolar disorder, life transitions and many other mental health symptoms/diagnoses. I also enjoy working with families experiencing conflict, and helping parents develop positive parenting skills and attachment.

Psychotherapy Approach and Process

I believe that successful therapy requires an attachment connection with healthy boundaries between the therapist and client. Healthy attachments facilitate space for growth and healing. I believe in a holistic approach to therapy and that many needs must be met for healing to occur such as physical, mental and spiritual. I may encourage and recommend outside providers and experiences that may help meet these needs. The focus when beginning therapy is building a positive and safe relationship between myself and my client.

I am trained in Eye Movement Desensitization and Reprocessing (EMDR) therapy and will utilize this method of therapy when the client is deemed ready. EMDR is an evidence-based approach to treat PTSD and many other identified mental health diagnoses. I am also trained the Safe and Sound Protocol (SSP). I may also utilize other techniques such as mindfulness practice, meditation, music, play therapy, and art. Every client's needs are different and therapy will be tailored to each individual client. We will complete a treatment plan together in therapy and periodically revisit goals and assess.

Length of Sessions/Fees

Initial Meeting/Intake	\$155.00
Individual Therapy	
16-37 minutes	\$105.00
38-52 minutes.	\$145.00
53 minutes +.	\$155.00
Family Psychotherapy w/o patient.	\$145.00
Family psychotherapy w/patient.	\$145.00
Group therapy per client	\$100.00
Court Appearance per hour.	\$150.00
Professional Letters/Correspondence/Paperwork per hour.	\$50.00

Methods of payment accepted: Cash, personal checks, debit cards, HSA, flex and credit cards. Insurances accepted at this time are Blue Cross and Blue Shield, United Healthcare, Cigna, Aetna, Medcost, Optum. Out of network will be filed as necessary. Private pay is also accepted as rates above. In the case of overpayment, a credit will be applied to the account. To qualify for therapy reimbursement, insurance companies require a diagnosis be given. There is a \$30.00 charge for returned checks.

Please be aware a 24 hour notice must be given for cancellation or rescheduling of the appointment. A \$75.00 fee will be charged for a missed appointment without a proper notice.

Confidentiality

All identifying information, information between therapist and client and medical records is kept confidential as by state law and my ethical principles. There are some exceptions to maintaining confidentiality and those are as follows:

- When a client authorizes in writing the release of information to another party
- If the client indicates that they may harm themselves or someone else
- If there is a report of child abuse/neglect, elder abuse, or spousal abuse if a weapon is known.
- If there is a court order in place to release medical records/information

If you are not satisfied with the services you are receiving please speak with me directly. If you feel as if your rights have been violated, you have been mistreated and this cannot be resolved between us, you may contact the North Carolina Social Work Certification and Licensure Board. P.O. Box 1043 Asheboro, NC 27204. 336-625-1679 (Phone) 336-625-4246 (Fax)

Please sign and date signifying that you have read and agree to this disclosure form

Signature of client

Date

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Signature of Therapist

Date

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