

## Professional Disclosure Statement

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### Qualifications

I received my Master of Science degree in Clinical Counseling from East Carolina University in 2020. I am a Licensed Clinical Mental Health Counselor, license #15961, with the North Carolina Board of Licensed Clinical Mental Health Counselors. I am also a Licensed Clinical Addictions Specialist Associate, certificate #LCAS-26370, and National Certified Counselor, certificate #1405331. I have been working in the counseling and mental health field for four years.

### Counseling Background

I have had the privilege of working with individuals of many ages and backgrounds. I have provided therapy to individuals, families, and couples in an outpatient setting. I have worked with children and teenagers in the school and home setting, as well as engaged their families in the therapy process. I have experience working with children who have been through trauma, loss, bullying, and family separation. I have also worked with adults who are navigating life changes, relationship issues, trauma, and grief. I have experience working with individuals who have anxiety, depression, post-traumatic stress disorder (PTSD), and other mental health diagnoses.

My therapy style is primarily person-centered. I believe in the importance of the client-counselor relationship, and I maintain a space of empathy, understanding, and kindness. I also utilize dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT) in sessions. I incorporate play therapy and art therapy in sessions with children. I have received continuing education in trauma informed care, grief counseling, neuroscience of anxiety, and more.

### Sessions Fees and Length of Service

Initial session/Intake (50 to 60 minutes)	\$155.00
Individual therapy (16 to 37 minutes)	\$105.00
Individual therapy (38 to 52 minutes)	\$145.00
Individual therapy (53 to 60 minutes)	\$150.00
Family psychotherapy w/o patient	\$145.00
Family psychotherapy w/ patient	\$145.00
Group therapy per client	\$100.00
Court appearance per hour	\$100.00

Professional letters/correspondence/paperwork \$50.00 per hour

Method of payments accepted: cash, personal checks, debit cards, HSA, Flex and credit cards. Insurances accepted at this time are Blue Cross Blue Shield, United Health Care, Medcost, and Aetna. Out of Network will be filed if necessary. Private pay is also accepted at rates above. In the case of overpayment, a credit will be applied to the account. To qualify for therapy reimbursement, diagnosis will be disclosed to the insurance company, as required. The diagnosis will be a part of the client's record and kept confidential.

In order to offer consistent and committed services, it is expected that each session will begin as scheduled. Any session that starts after the scheduled time due to late arrival, will end at its scheduled time. Unless there is an emergency, a 48-hour notice is required should you need to reschedule or cancel an appointment. If this requirement is not met, a fee of \$100.00 will be charged.

### **Use of Diagnosis**

Most health insurance companies require a diagnosis of a mental health condition in order to cover the payment of a counseling session. Any diagnosis made will become part of your record, and clients will be made aware of their diagnosis. A diagnosis must be justified in the DSM and is well documented and shows evidence.

### **Confidentiality**

All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information.

### **Complaints**

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel I am in violation of any of these codes of ethics. I abide by the ACA Code of Ethics (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

North Carolina Board of Licensed Clinical Mental Health Counselors

P.O. Box 77819

Greensboro, NC 27417

Phone: 844-622-3572 or 336-217-6007

Fax: 336-217-9450

E-mail: [Complaints@ncblcmhc.org](mailto:Complaints@ncblcmhc.org)

### **Acceptance of Terms**

We agree to these terms and will abide by these guidelines.

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor: \_\_\_\_\_ Date: \_\_\_\_\_