

Professional Disclosure Statement

Thank you for choosing me as your counselor. I promise to do my best in ensuring a safe environment where you can discuss openly your experiences, thoughts, concerns, and feelings. As a person-centered counselor, I strive to provide a positive therapeutic setting for all my clients, based on the following pillars: unconditional positive regard, empathy, and genuineness.

Please review the rest of this disclosure statement and sign at the bottom.

EDUCATION

I earned a Masters in Social Work from UNC Chapel Hill School of Social Work (2002). My concentration was in Adult Mental Health and Substance Abuse. I earned a Bachelor's Degree from the University of Richmond in 1997. My undergraduate degree is in Sociology and Religion. I have specific training in Dialectical Behavioral Therapy, Mindfulness, Cognitive Behavioral Therapy, and Motivational Enhancement Therapy.

LICENSES/CERTIFICATIONS/PROFESSIONAL ORGANIZATIONS

- North Carolina Licensed Clinical Social Worker
- North Carolina Licensed Clinical Addictions Specialist

POPULATIONS SERVED

I primarily serve adults. I specialize in female responsive treatment. I have had the opportunity to work with a wide range of clinical issues from difficulty coping with current stressors, grief issues, spiritual conflicts, and adjustment issues to more chronic mental health problems such as major depression, PTSD, anxiety disorders, chronic substance abuse/dependency and borderline personality disorder. Although the diagnoses vary, all of my clients are looking for support, validation, and help making changes in their thoughts, feelings and behaviors.

DESCRIPTION OF SERVICES OFFERED

I provide individual therapy in my private practice. I use a variety of approaches to meet the needs of my clients. I specifically use interpersonal psychotherapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Enhancement Therapy and Mindfulness Based Counseling. All treatments are supported by the following values:

- people are doing the best they can with the skills that they have,
- people can change,
- people do get better,
- people may not have created their problems, but they do have to live with them.
- The therapeutic relationship is a safe place to explore issues, learn new ways of thinking and acting, and practice skills.

In order to maximize the benefits of counseling, I will often ask clients to complete homework assignments including practicing new skills.

LENGTH OF SESSIONS, FEES, AND METHODS OF PAYMENT ACCEPTED

Therapy sessions last approximately 55 minutes. I charge \$110.00 per session. I prefer to receive payments by check. I accept all major credit cards. I am currently in network with Medicaid, Medicare, Tricare, BCBS and MHN. You will be responsible for payment at time of service. If you have other insurance, you are responsible for determining if you have out of network coverage and filing your insurance claims.

I require a minimum of 24 hours' notice for cancellation. Late cancellations or no-shows will result in a \$50 fee that will be due at your next session. (Medicaid patients are not responsible for this fee per Medicaid requirements). However, if

you miss or late cancel more than 3 sessions, I will not be able to continue providing you with treatment. If you are more than 15 min late for a session, it is considered a late cancelled appointment.

COMMENTS ABOUT DIAGNOSIS

Most insurance companies require a diagnosis for reimbursement (e.g., Major Depressive Disorder). Please note that a diagnosis will become a permanent part of your records.

CONFIDENTIALITY

Information that you share during sessions is kept in strict confidence. Please refer to the Privacy Notice in this intake packet for detailed information regarding your Protected Health Information (PHI).

All information shared will be kept *confidential* with the following *exceptions*;

- a) If I believe you are a *danger* to yourself or someone else
- b) If you give me *written permission* to disclose information
- c) In the case of *abuse* to a child or an elderly person confidentiality will be waived
- d) If the information is court ordered
- e) If you desire to seek reimbursement from a managed care company, the disclosure of confidential information may be required for reimbursement
- f) In case of a *Medical Emergency*

Even under these circumstances only essential information will be revealed and as much as possible you will be informed before confidentiality is broken.

As a counselor I may be receiving supervision (by an individual or group who is bound by the same code of ethics) to continually improve my counseling skills, any information shared during supervision will be discussed for professional purposes only and every effort will be made to protect the client's identity.

TERMINATION

The therapist reserves the right to terminate therapy at his/her discretion. Reasons for termination include, but are not limited to, untimely payment of fees, failure to comply with treatment recommendations, conflicts of interest, failure to participate in therapy, the patient's needs are outside of the therapist's scope of competence or practice, or the patient is not making adequate progress in therapy. The patient has the right to terminate therapy at his/her discretion. Upon either party's decision to terminate therapy, the therapist will generally recommend that the patient participate in at least one, or possibly more, termination sessions. These sessions are intended to facilitate a positive termination experience and give both parties an opportunity to reflect on the work that has been done. The therapist will also attempt to ensure a smooth transition to another therapist by offering referrals to the patient.

REGISTERING COMPLAINTS

You have the right to complain if you believe your rights have been violated. You will not be retaliated against for filing a complaint.

North Carolina Social Work Certification and Licensure Board
PO Box 1043
Asheboro, NC 27204

or

North Carolina Substance Abuse Professional Certification Board
PO Box 10126
Raleigh, NC 27605
(919) 832-0975 Fax: (919) 833-5743