

This professional disclosure statement provides information about my education and experience relevant to my work as a professional counselor in the state of North Carolina. If you have any questions, please ask.

Education and Professional Affiliations

I received my MA in Counseling in 2004 from Gordon-Conwell Theological Seminary in South Hamilton, MA. I have been a licensed clinical mental health counselor in the state of North Carolina since August 26, 2005 (License #5019). I became a LCMHC Supervisor in August 2013 (License #S5019).

Professional Experience

Most of my career has been spent providing individual and group psychotherapy in an outpatient setting to adult clients who have a variety of diagnoses. I also have experience working in both emergency services settings and the jail, evaluating adults and children experiencing psychiatric crises, and providing crisis counseling.

My expertise is in working with adults and older adolescents (age 16 and older) around the following issues or symptoms: anger management, depression, anxiety, mood disorders, grief and loss, life changes, relationship difficulties, coping skills, and past trauma or abuse. I particularly enjoy helping clients explore how their values and spiritual beliefs can help them improve their mental health.

Theoretical Orientation and Counseling Techniques

I believe that all individuals are unique and valuable, and I endeavor to treat all of my clients with compassion, respect, and acceptance. I believe that it is a privilege to walk alongside individuals during difficult seasons in their lives as they seek to grow and heal.

My approach is grounded in the beliefs that:

- The relationship between the counselor and the client should be a safe, confidential place where the client can enact change, grow, and heal.
- Good mental health involves the whole person: body, mind, emotions, and spirit.
- The counseling experience is a **process** towards growth and healing that requires an investment of time and energy from both the client and the counselor.
- Collaborating to identify reasonable goals is important to the therapeutic process - this includes examining your hopes and desires for the counseling process to establish realistic objectives.

My counseling approach integrates a variety of theories including elements of cognitive-behavioral therapy, existential therapy, systems theory, dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). I also offer EMDR. The techniques I may use include personal story-telling, exercises to improve communication skills, skills training, defusion exercises and experiential mindfulness practice. I often give worksheets or handouts to help clients translate the work done in the counseling office into their real world experience.

Responsibilities and Risks

My responsibility as your counselor is to provide an environment that is safe and confidential, and to help you work towards your goals in a caring, ethical and professional manner. I also agree to respond promptly to your calls (within one business day, unless otherwise indicated on my voicemail), be prepared for our sessions, and generally work in your best interest. Your responsibility is to identify your hopes and desires for the counseling process, set appropriate goals in collaboration with me, and to work towards achieving your goals by participating in therapy and completing any assignments given. Engaging in the counseling process is an investment. The length of therapy and the results vary depending on the situation and your goals. Typically, most clients see improvement within 6-20 sessions but this is not a firm time limit or guarantee. If you have any questions or concerns about the risks of therapy or the counseling process, please feel free to discuss them with me.

Termination of Treatment

If at any time you wish to discontinue therapy, I will provide you with referrals to other therapists at your request. If you feel you are achieving your goals in therapy, or desire to end therapy for some other

reason at your discretion, please let me know so we can work together towards termination. You may also terminate counseling without consulting me.

Session information: Length, Fees, Financial Policy, and Cancellation Policy

Length, Fees and Payment Options. Initial sessions are scheduled for 75-90 minutes at rate of \$190.00, which ensures adequate time for the necessary paperwork and an initial assessment of the presenting problem(s). Additional sessions are typically 60 minutes at a rate of \$150.00. Occasionally a shorter session may be required at 45-50 minutes at a rate of \$110. Payment is due at the end of the session. I ask all my clients to provide a credit card on file (for no shows, see below) and will automatically charge for the session at the end of the session. You may also pay with cash or check. I am glad to provide a receipt for services at your request. I currently contract with some insurance panels. You are responsible for knowing what services your insurance covers; any co-pays or deductibles that you are responsible for will be due at the time of service. Many other insurance companies provide out-of-network benefits for psychotherapy services; in this case if my EHR is compatible, as a courtesy I am glad to file a claim with your insurance company, but you are responsible for contacting your insurance company to determine coverage for counseling services, for paying the full fee at the time of service and for following up on any claims. I have a limited number of reduced-rate therapy (50% of the regular fee) slots per week. If you feel that you cannot pay the full rate, please consult with me about possible arrangements to secure a reduced-rate slot; proof of your income may be required to determine if you are eligible for a reduced fee. Please note that if you choose to file claims with your insurance provider, I will be required to submit a mental health diagnosis for your claim, which will become part of your health records. For returned checks, you will be charged a \$30.00 fee. Clients may schedule appointments only if their account is in good standing. The “No Surprises in Billing Act” passed in December 2020 requires that I provide you with a “Good Faith Estimate” for the total cost of your services if you request it. Transparency in cost/fees has been important to me since I started in private practice, and I have attempted my best to communicate my fees here clearly. Therapy is highly individualized and I am unable to accurately predict how many sessions each client will need but should you desire a separate estimate, I am glad to clearly articulate my fees on a separate estimate.

Late Cancellation/No Show Policy. A fee of \$100.00 (or the corresponding reduced-rate session fee, if applicable) will be charged for appointments cancelled without 24-hour (1 day) notice. This fee is not reimbursable by insurance. I require that you provide a credit card for me to hold on file, and the card will be automatically charged in the case of no shows/late cancellations.

Phone Calls. Phone calls that last longer than 10 minutes and/or for the purpose of consultation or support, will be billed at a pro-rated hourly rate in 15 minute increments (i.e., \$37.50 per 15 minutes, or the appropriate reduced rate amount).

Past Due Accounts. If an account is past due by 90 days, unless you have made payment arrangements with me, the account may be sent for collection and/or small claims court. You will be responsible for a 40% collections fee that will be added to your past due balance for any collection agency fees, court costs or other expenses incurred in the collection of the account.

Legal Proceedings. I believe that it is in my clients’ best interests to keep the therapeutic relationship out of the court setting, and I will resist any efforts to involve me in litigation. Should I be compelled to appear in court, I will be largely unable to offer any opinions that will be of assistance in any imminent legal proceedings. Additionally, you will be responsible for the cost of all service rendered in response to legal proceedings, including a minimum retainer to be held in escrow of \$1500, a travel fee of \$300 and an hourly rate of \$280.

Technology and Communication

Please be aware that **I do not text with clients** or connect with clients on social media outlets (such as Facebook or LinkedIn). Also, please be aware that while I am glad to correspond via email regarding appointment times and/or sending handouts, I cannot guarantee that my email service is secure and meets the standards of HIPPA compliance; if you consent to receive emails or initiate email contact with me, you are indicating your awareness of this fact. Under no circumstances will I discuss clinical concerns over email.

