

Professional Disclosure Statement for Individual Counseling

Current Employment

2019-present Private Practice Therapist

Education, Qualifications, and Licensure

2023	Licensed Clinical Mental Health Counselor (LCMHC #13682)	North Carolina Board of Licensed Clinical Mental Health Counselors
2023	Approved Clinical Supervisor (ACS #4772)	National Board for Certified Counselors
2022	National Certified Counselor (NCC #1058111)	National Board for Certified Counselors
2020	PhD	<i>University of North Carolina at Greensboro</i> Counselor Education & Supervision
2016	M.Ed/Ed.S	<i>University of Florida</i> Mental Health Counseling
2014	B.S.	<i>Virginia Tech</i> Psychology & Human Development

Counseling Background

I have experience treating diverse clients in college and community settings. I previously worked at the University of Florida Counseling and Wellness Center, High Point University Counseling Center, and the Nicolas A. Vacc Clinic at the University of North Carolina at Greensboro (UNCG), where I primarily worked with college students coping with a variety of issues. I spent two years working at the Alachua

County Crisis Center located in Gainesville FL, working in community outreach and individual counseling mostly related to trauma and crisis intervention.

In my counseling practice I typically utilize person-centered, Gestalt, existential, and trauma informed theories. This means that I primarily use empathy and authenticity to engage with my clients as well as interweave some existential philosophies as well as trauma informed care. In client conceptualization, I tend to use a more humanistic and holistic approaches in order to aid in the wellness of the client.

Client Responsibilities and Session Fees

In my practice, I offer a 15 minute phone or zoom consultation prior to our first appointment in order to give the client autonomy and choice to proceed with services. During that call, conversations about client needs and scheduling availability will be discussed. Counseling sessions are \$175 per 50 minute session. Typically, individual sessions are held once a week or at the needs of the individual client. Clients will pay at the time services and payment will be accepted via Zelle (or another agreed upon digital payment service if Zelle is not an option because of banking issues), cash, or check. If payment is not received on the date of services, I will reach out to you via email and develop a plan for payment to be completed. Future sessions will not be scheduled or held until payment is received.

Every client is expected to keep their appointments. I reserve the right to not hold a session with a client who comes more than 15 minutes late and if two or more appointments are missed (without notification via email or phone) services may no longer be offered. Please communicate with me about scheduling difficulties if they arise. Should you need to reschedule your appointment, please inform me 24 hours in advance through my phone number or email address. I understand that life circumstances happen, please let me know your situation so I can best assist you in relation to scheduling.

All clinical mental health counseling services are provided via telehealth through a HIPAA compliant videoconferencing platform (Zoom). Per North Carolina laws related to clinical mental health counseling, clients accessing services must be located in the state of North Carolina at the time of services.

Diagnosis

I have training in the DSM-5 and am credentialed to diagnose clients, however diagnosis will be a collaborative discussion between myself and the client. I typically do not rely on diagnoses to treat my clients, but if a diagnosis is helpful to the client, open and collaborative conversations may be had in order to appropriately understand the definition and meaning of a diagnosis.

Privacy and Confidentiality

Any communication between the client and counselor becomes a part of the clinical record which is accessible to you upon request. As an LCMHC, I abide by the standards of confidentiality set forth by the North Carolina Board of Licensed Clinical Mental Health Counselors and the American Counseling Association. As such, any information disclosed throughout our counseling relationship and any time after will be confidential. However, there are four exceptions in which I cannot legally or ethically hold information you may share in confidence. These exceptions are,

- (1) If you disclose directly or it is reasonably suspected that you pose an imminent danger to the health and safety of yourself (suicide) or others (assault/murder)

- (2) if you at any point disclose that a child or elder adult has been or will be abused or neglected
- (3) if a court order requires the release of case records or direct testimony
- (4) if you request to me in writing to disclose information to someone else.

Professional Relationship

There may be instances where we see each other in the community outside of our counseling relationship. If this were to happen, I will not wave or otherwise acknowledge your presence unless you initiate it. This is primarily to keep your privacy and to respect our professional relationship. I would not want to put you in a position where you would have to explain how you know me, or choose to disclose that you are participating in counseling when you do not wish to share that 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 the American Counseling Association code of ethics (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

North Carolina Board of Licensed Clinical Mental Health Counselors
7D Terrace Way
Greensboro, NC 27403
Phone: 844-622-3572 or 336-217-6007
Fax: 336-217-9450
E-mail: LCMHInfo@ncblcmhc.org

Acceptance of Terms

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

Please sign and date both copies of this form so we can each keep one for our records.

Client: _____ Date: _____

Counselor: _____ Date: _____