

LCMHC Professional Disclosure Statement

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Qualifications

I hold a Master of Art degree in Clinical Mental Health Counseling granted in May 2021 by Wake Forest University in Winston-Salem, North Carolina. In addition to my education, I am a Licensed Clinical Mental Health Counselor (license #16650) issued by the North Carolina Board of Licensed Clinical Mental Health Counselors and a National Certified Counselor (license # 1586167) issued by the National Board of Certified Counselors. I have over 15 years of experience working in the mental health field.

Counseling Background

I obtained my Bachelor of Arts degree in Psychology with a Minor in Community Health from the University of North Carolina at Wilmington in 2009. During my undergraduate career I was a research assistant and helped facilitate experiments that involved domestic violence survivors and the Hopelessness Theory. I also completed over 400 hours of indirect and direct clinical hours while completing a practicum placement at Chrysalis Center for Counseling and Eating Disorder Treatment. In addition, I worked at Coastal Horizons, Outdoor Adventure working with high-risk students to help prevent drug and alcohol abuse and violence. After obtaining my undergraduate degree I worked at Carolina House Eating Disorder Treatment Center in which I provided consistent care to residents at the in-patient treatment facility for women with eating disorders and other related co-occurring mental health diagnoses. While in graduate school I interned at Pasadena Villa Outpatient Treatment Center-Raleigh competing over 1,000 hours of direct clinical and case management experience to continue the development of my counseling skills. While there I served a diverse background of individuals with a wide range of mental health diagnosis. In addition to seeing clients individually, I also created and facilitated weekly groups on a wide variety of topics pulling from a variety of therapeutic modalities and counseling theories. After obtaining my graduate degree I worked for Cognitive Psychiatry where I provided individual counseling, assessment, diagnostic, therapeutic intervention, crisis intervention, and created individual treatment goals and plans for clients on my assigned caseload.

I provide individual serves to adults and teens challenged with symptoms associated with anxiety, depression, eating disorders, and trauma related experiences.

Theoretical Orientation and Process

I believe in using an individualist holistic approach with clients. When working with clients I utilize an integrated approach to best meet the individual needs of my clients. At this point in my training and as a foundation, I mainly employ aspects from Person-Centered Counseling, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, and Solution Focused Therapy.

This integrative counseling approach strives to balance mindful awareness, a genuine and empathic relationship with the client, and a collaborative effort at identifying what changes a client can make to minimize emotional and behavioral disturbances. My role is to assist you in reaching whatever goals you may have for yourself by providing nonjudgmental support and helping to facilitate your journey. I strive to empower you and assist you in expanding your healthy awareness, rather than to give you advice.

I believe that people have the skills, competencies, beliefs, values, and abilities that will help them reduce the influence of problems in their lives. It is the therapist's job to enable clients to thrive on their own. Counseling is a process of applying principles, theories, and techniques using affective, behavioral, cognitive, and systemic strategies that address mental health, wellness, growth, development, and pathology. By learning how to self-evaluate and by developing their own abilities to meet difficult thought processes and situations with awareness, acceptance, and kindness, clients will be able to make the changes that will allow them to live a satisfying and fulfilling life with less suffering.

Therapeutic Relationship

The counseling relationship is one that is built on honesty, compassion, and safety, and is one of the most important factors in the therapeutic process. Genuine disclosures by the client can generate feelings of vulnerability and connection to the counselor. As we co-create this journey and navigate through your personal experiences, please remember that this therapeutic relationship is strictly a professional relationship. Professional boundaries serve to protect clients and offer clients the most safe and effective therapeutic space. With that said, I do not give or receive gifts, I will not participate in bartering for services, and I will not engage-in or condone communication through personal contact mediums (e.g., voice phone calls, text, email, social media, etc.) or through personal accounts and addresses that are not through the counseling office. The counseling office serves as a professional liaison between us (counselor and client). Professional boundaries will be established and maintained by me (your counselor) and are open for discussion throughout the counseling relationship.

If we see each other accidentally outside the counseling office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you acknowledge me first, I will be more than happy to speak briefly with you but feel it appropriate not to engage in any lengthy discussions outside of the counseling office.

Session Fees and Length of Service

My hours to provide direct services vary and are by appointment only. If you need to contact me between sessions to schedule, cancel, or reschedule an appointment, please email nrmh-cnp@robincaseymd.com or call 844-345-2256.

Individual sessions last 53 minutes each. The duration of counseling varies among clients depending on their needs and preferences. You may choose to terminate therapy at any time, but I strongly suggest that we have a final session together once you decide to terminate so that I am best able to help you prepare for and process the conclusion of our work together. For organizations with which I may be affiliated with, cost per session, accepted insurance, and payment methods will be provided prior to the first appointment. Please contact the organization directly if you have any questions about insurance or payment options.

At North Raleigh Mental Health and Wellness, Chatham North Psychiatry and Casey Mental Health Collaborative, billing and payment will be conducted by our administrative staff. **As of July 24, 2024, our fee for an initial intake session is \$228.80 and \$208 for individual sessions. Please refer to the**

company's website for the most current prices. Payments and all fees are due at the time services are rendered. We also accept several insurance plans. I am in network with BCBS, United Health Care, Aetna, and Cigna. For out of network insurances, administration staff can create a Superbill for your insurance provider for potential out of network reimbursement. Cancellation of appointments must be made at least 24 business hours prior to your appointment. If the appointment is not canceled within this time, you will be charged a \$100 fee (unless cancellation is due to illness or emergency).

I do not provide 24-hour crisis counseling services. If you experience an emergency, please call **911**. If you experience a mental health crisis, please call one of the 24hr/7 days a week crisis numbers: Wake County Mobile Crisis Management by Therapeutic Alternative: **1-877-626-1772**. National Suicide Prevention Hotline: **1-800-273-8255**. Alliance Health Crisis Response 24-hour Crisis Hotline: **919-560-7100**. Alliance Health Mobile Crisis Team 24-hour Hotline: **1-877-626-1772**. Hopeline Suicide Prevention Hotline: **919-231-4525**. Interact Sexual Assault and Domestic Violence 24-hour Crisis Hotline: **919-828-3005**. Crisis Text Line: **Text HOME to 741741**. 988 Suicide and Crisis Lifeline: **Text 988**.

Dual Relationships

Therapists often have an influential position with respect to clients and should avoid exploiting the trust and dependency of such people. I will, therefore, make every effort to avoid conditions and multiple (dual) relationships with you that could impair professional judgment or increase the risk of exploitation. Such relationships include, but are not limited to, business or close personal relationships with a client (e.g., friend, church member, social event attendee, etc.). When the risk of impairment or exploitation exists due to conditions or multiple roles, we will take appropriate precautions. Not all dual relationships can be avoided. Romantic and sexually intimate relationships between therapist and client are prohibited. All appropriate steps will be taken to preserve the integrity of our professional relationship.

Effects of Counseling

Embarking on a counseling journey is a brave undertaking that may challenge you at times. The counseling process may open levels of awareness that could cause pain and anxiety as you work through them, and the process of change can be a difficult one that could cause disruption or discomfort in your life. While working through this discomfort at your own pace has the potential to yield very meaningful personal benefits, you always have the right to refuse to participate in certain therapeutic techniques. Given the nature of counseling, it is difficult to predict exactly what will happen in terms of therapeutic outcome or to provide an estimate of the time required for a client to reach his or her personal goals. Clients who are open to the process of change, are consistent with attending sessions, and are willing to work on goals outside of sessions tend to benefit the most from counseling and experience the most positive change.

Use of Diagnosis

Some health insurance companies will reimburse clients for counseling services, and some will not. In addition, most will require a diagnosis of a mental-health condition and indicate that you must have an "illness" before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis before we submit the diagnosis to the health insurance company. Any diagnosis made will become part of your permanent insurance records. While insurance companies claim to maintain confidentiality, I have no control over what they do with the information once they receive it.

Confidentiality

All our communications become part of the clinical record, which is accessible to you upon request. Confidentiality and privacy are important to the counseling process. All counseling services are provided in compliance with North Carolina confidentiality laws, and the ethical standards of the National Board of Certified Counselors, the North Carolina Board of Licensed Clinical Mental Health Counselors, and the American Counseling Association. Therefore, information disclosed during sessions will not be shared with anyone outside of the professional relationship and setting. However, according to the law, as counselors we must abide by ethical and professional practice standards, this means there are some exceptions to this confidentiality. For such an exception, privacy is used to keep information amongst only those professionals who must know.

Exceptions to confidentiality:

- If client has reported or I have good reason to believe client to be in imminent danger to self or to others.
- If client has reported or I have good reason to suspect instances of child, elderly, or dependent adult neglect or abuse.
- If you sign written consent to authorize information to be sent to a third party
- If I receive a court order for a legal process
- If you are a minor or a dependent adult - in which case confidentiality is limited and information may be disclosed to your parent/legal guardian
- If a client reports that they have a disease commonly known to be both communicable and life threatening, counselor may be justified in disclosing information to identifiable third parties.

Technology

I have taken all precautions to implement secure and HIPAA compliant technology communication mediums. However, I cannot ensure the confidentiality of any form of communication through electronic media.

TeleMental Health

TeleMental Health is utilized to provide therapeutic services utilizing technology. There are inherent benefits and risks to providing TeleMental Health services. Benefits include a decrease in travel time and being able to participate in therapy from your home or confidential space of your choosing. Risks associated with TeleMental Health include, but not limited to, technology failures such as poor connection, loss of connection, and video and audio malfunctions. There is also decreased ability to see nonverbal cues both from the client and the counselor.

TeleMental Health services may not be the most effective or beneficial form of counseling for everyone. If it is deemed that another form of service would be more beneficial than an appropriate referral will be made.

Should there be technical difficulties, for either the client or the counselor, a re-connection to the TeleMental Health meeting will be tried first. If a connection is not able to be made the counselor will call the client via telephone.

It is recommended that you utilize a device that you know is technologically safe and secure. It is also recommended that you find a safe and confidential place to be during the TeleMental Health session to protect your privacy and confidential 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

Acceptance of Terms

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

Client: _____ Date: _____

Counselor: _____ Date: _____
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