

# LCMHC Professional Disclosure Statement

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Hello, and welcome to this new counseling experience. I am looking forward to working with you. The following is information intended to help you gain an understanding of the counseling services I provide and become better informed regarding the counseling process. I encourage you to read through the following information and if you have any questions, please do not hesitate to ask.

## Qualifications

I earned my Master of Science in Mental Health Counseling degree from Walden University in 2014. I began my post-graduate practice as a mental health counselor in September of 2014. I have been a practicing mental health counselor since then, with over 10 years of clinical practice. At this time, I am licensed as a Licensed Clinical Mental Health Counselor #11582 through the North Carolina Board of Licensed Clinical Mental Health Counselors (NCBLCMHC).

I began working in the mental health field in 2008 and began providing direct counseling services in 2013. Currently, I work with clients of all ages in individual, couples and family counseling capacities. I work for Robin Casey, MD (psychiatrist) through her practices North Raleigh Mental Health & Wellness in Raleigh, NC, Chatham North Psychiatry in Chapel Hill, NC and Casey Mental Health Collaborative, Raleigh, NC. (although all practices are primarily offering video counseling through Zoom at the current time).

## Counseling Background

My personal approach in counseling is person-centered in nature. I meet clients with genuine empathy, unconditional positive regard and authenticity. Typically, someone who enters my counseling office does so because they have decided something isn't working, they need to get something off their chest, or they would like to explore feelings about something that is on their mind, from the past or present. Whatever the case may be, I believe that wanting to work through these things in counseling provides evidence of the human tendency towards growth, development, and healing. I strive to provide my clients a safe space where they can comfortably talk about absolutely anything that is on their mind. I like to establish goals at the onset of counseling. I may incorporate activities or techniques from other schools of counseling into our sessions. This will be determined on a case-by-case basis, and I will keep you informed as to why I am giving a homework assignment that is cognitive-behavioral in nature or implementing Dialectical Behavioral Therapy techniques in our sessions. I prefer to follow a non-directional (person-centered) approach in counseling practice but use specific techniques when it feels necessary or beneficial toward assisting a client in making progress.

## Session Fees & Length of Service

Counseling sessions typically last 1 hour. As we discussed, the fee I will be charging for each counseling session as of July 24, 2024 is \$228.80 for the initial intake session and \$208 for subsequent therapy sessions, which means the payment due for the session will vary from person to person.

person depending on insurance coverage. All practices (mentioned previously) currently accept Blue Cross Blue Shield, Cigna, Aetna & United Health. We are out of network with all other insurance plans. For the most current fees, please refer to our company's website.

### **Use of Diagnosis**

Some health insurance companies will reimburse clients for counseling services and some will not. Most will require a diagnosis of a mental health condition before they agree to reimburse you. As your therapist, I do not find becoming overly focused on a diagnosis to be particularly helpful towards ensure a successful counseling experience. I also support transparency and will speak with you openly about any diagnosis you meet criteria for. Please let me know if you have any questions about diagnostic information. While I cannot override a diagnosis made by another clinician you meet with within my practice (for medication management or other services we offer), I would be more than happy to help you understand how a diagnosis was determined and help you to make sense of how this information can best guide your care.

### **Confidentiality**

Anything you share in counseling will remain confidential, with the following exceptions: A) You indicate that you are at risk of harming yourself or harming someone else (\*this includes the abuse of a minor, an elderly person or anyone else who is less capable of defending themselves due to disability). \*In such instances I am required by law to break confidentiality in order to ensure you and other(s) remain safe. B) You direct me in writing to disclose information to someone else (most commonly by signing a "Release of Information" form that indicates exactly what information is to be released and to whom). C) I am ordered by a court in the form of a subpoena 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: \_\_\_\_\_

