



Full Circle Community Wellness

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Professional Disclosure Statement

This is a professional disclosure statement required by the Standards of Practice of the North Carolina Board of Licensed Clinical Mental Health Counselors (NCBLCMHHC).

The Nature of Psychotherapy and the Therapeutic Relationship

In our counseling sessions, we will focus our work together toward the goals that you choose, goals that feel important to you. We will explore these goals, discuss various approaches, and formulate a plan to work together toward your goals. If at any time, you or I feel that we need to use a different approach or change the goals or plan, we can discuss this together and make any needed changes or shifts in direction. This is a collaborative relationship, and I am always open to your feedback. If you have any concerns or questions, please feel free to discuss this with me at any time. We are a team in this endeavor of personal growth and healing.

Therapy is most useful when it is continued throughout your week and your daily life. For this reason, we will sometimes agree to assignments or "experiments" or "creative explorations" as homework between sessions.

I believe that the therapeutic alliance is paramount to enhancing insight and empowerment as well as in allowing clients to feel a sense of self-compassion, hope, and an expectation that things will change for the better.

Throughout the counselor-client relationship, I am ethically required to maintain a professional relationship. This means that we cannot develop a friendship or any other type of relationship that exists outside of this professional relationship. This will allow us to maintain appropriate boundaries and will continue to apply even after our counseling relationship has ended.

Psychotherapy and change, in general, can be uncomfortable at times and bring up difficult or intense emotions. We can work together to anticipate and prepare for any unexpected emotional distress that may arise and adjust our pace as needed. It is important that you are aware that this could be an effect of our work together.

If either of us feel that you would be better served working with another therapist or with a different type of therapy than I provide, we can discuss this possibility. If our collaboration comes to an end for any reason, we can talk about this together, and I will assist you in finding continuous support and meeting your therapeutic needs.

Background and Qualifications

I have been trained in psychotherapy and received a Master of Arts degree in Clinical and Mental Health Counseling in December 2020 after studying at CACREP accredited Lenoir-Rhyne University of Asheville, NC for three years. I received a Bachelor of Arts degree in Psychology from SUNY New Paltz. I am currently a Licensed Clinical Mental Health Counselor Associate (LCHMC-A) and a National Certified Counselor (NCC). As an LCMHC-A, I will be under the supervision of Matt Snyder, LCMHCS, PsyD, the co-director of Full Circle Community Wellness, who can be contacted at matt@fullcirclewnc.org or 828-290-9602. I am an active member of the American Counseling Association. In addition, before my work in mental health, my professional training included certifications and experience as a transformational life coach, homeopathic practitioner, children's creative arts teacher, and dance fitness/movement instructor. Throughout my life, I have been involved in the arts and consider creativity to be a source of resiliency and healing.

Throughout my career and in my yearlong clinical internship at RHA Child and Family in Asheville, I have gained 11 years of experience working with children, adolescents, and families. In my clinical work, I am passionate about understanding the effects of trauma and stress on the developing brain, nervous system, and body. I emphasize the use of creativity and play in my sessions with children and teens to encourage emotional expression, facilitate gentle processing of difficult or traumatic memories, and enhance a child's sense of safety, resiliency, and empowerment.

I operate from a Person-Centered and trauma-informed perspective, while integrating Expressive Arts Therapy and Play Therapy. Person-Centered therapy focuses on creating a safe environment where clients can express themselves freely, processing emotions and experiences in the context of the therapeutic relationship (as well as creative and playful activities such as drawing, painting, puzzles, legos, improvisation, dance, and movement). In my work with families, I utilize Satir's family systems theory and attachment theory to encourage relational repair, facilitate communication skills, and enhance problem-solving and collaboration throughout the family.

In addition, I greatly enjoy working with clients in the LGBTQA+ community and aim to provide an inclusive and welcoming space for clients of all cultures and backgrounds.

I have counseling experience in challenges such as trauma, PTSD, attachment difficulties, anxiety, panic attacks, school avoidance/refusal, social struggles, bullying, grief, depression, anger management, ADD, ADHD, and stressors related to COVID.

In terms of family counseling, I have experience working with families who are navigating challenges such as divorce, re-marriage, co-parenting, blending families, moves, and transitions that may be due to COVID (financial stressors, online schooling struggles, loss of routines).

While my therapeutic orientation is primarily Humanistic, Person-Centered, and creative in nature, my approach is also integrative, with the freedom to use an array of tools from my therapeutic tool bag in order to best serve my clients. I endeavor to, at all times be trustworthy, real, and genuine. I often employ the use of mindfulness techniques to help clients gain coping skills and expand inner resources. In addition, I utilize techniques from Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Solution-Focused Therapy, mindfulness, and Narrative Therapy. In addition, I use deep empathy, unconditional positive regard and some limited self-disclosure. I am always on the look-out for new, creative, and evidence-supported techniques for further helping clients to develop into what they are born to be: fully functioning individuals with deeper understanding, capable of dealing with life's challenges and creating happy, profoundly rewarding lives for themselves. I am here to support you in all stages of this journey compassionately.

Length of Sessions, Scheduling and Fees

My individual sessions are 50 minutes to an hour long. For families, sessions can vary from an hour and a half to two hours. You can text, call, or email to schedule an appointment. Rates for individual therapy are \$100 per session and \$50 for each additional half hour for family sessions. I accept payments of cash, check, or credit card. I will be an in-network provider with Blue Cross/Blue Shield of NC. Co-payment is due at the time of session, and I will file for reimbursement coverage. Many networks provide at least some out-of-network coverage, and I will assist you in obtaining the maximum out-of-network coverage possible if you choose this option. I ask for your partnership in providing timely and accurate information about your insurance benefits and completing any paperwork necessary.

I will also be accepting a sliding fee scale ranging from \$75 to \$100 per hour for private pay clients. We will discuss and agree upon a fee during or prior to the first session. The sliding scale amount we have agreed upon for your session(s) is/are _____.

Missed Appointments: If you wish to reschedule an appointment, please contact me at least 24 hours before the appointment to enable me to attempt to fill the slot. If you are unable to, it will be treated as a missed session. Per Full Circle's missed appointment policy, if there is a missed session/ late cancellation, half of the fee will be charged to the client.

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 and this is something we can talk about together. I use diagnoses in a limited way for educational, treatment, and billing purposes. I use the DSM-5 to explore diagnostic options and criteria and will discuss my suggestions and opinions with you.

Confidentiality

Our work together is protected by law and ethical codes which require the protection of information you share with me in session. All of our communication becomes part of the clinical record, which is accessible to you upon request. You may ask me to speak to anyone you wish, and I will need a signed release of information from you to do so. General information necessary for referrals may be shared with other providers at your request. In the event that I am unable to continue functioning as a counselor, your records will be kept confidential and will be able to be accessed by you for five years. In addition, by law, I am obligated to release confidentiality in any of the following circumstances:

- You report involvement in abuse, neglect or exploitation of a child, elderly, or disabled person.
- You report an illegal relationship with a mental health professional. I am obligated to then file a complaint with the state and will keep you confidential in the complaint.
- You bring a negligence suit against me.
- I am ordered by a court of law.
- You become a threat to the safety of yourself or someone else.

Emergency Support

If you are experiencing a mental health emergency, you have three options for assistance:

1. Call 911
2. Go to the nearest Emergency Room. Asheville: Mission Hospital. Hendersonville: Pardee or Park Ridge Hospitals.
3. Call the Western Highlands Access and Crisis Number which is operational 24 hrs a day/ 7 days a week. For Buncombe, Henderson and Polk Counties, call 828.225.2800 Mon-Fri 8:30 Am to 5 PM and 1- 800-951-3792 after that.

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

Consent to Treatment

In signing this document, you agree to enter into a therapeutic relationship with me as your psychotherapist and to collaborate in mental health assessments, services and care. You agree that you have read --or have had someone read to you-- and that you understand all of the above conditions which outline our therapeutic relationship and that you may at any time discontinue care. You have understood confidentiality and the limitations of it in our relationships. You have received a copy of this form and, if you have had any questions, have been given the opportunity to ask any questions and receive clarification. By signing this document, I agree with all that has been stated and agree to uphold its intent and follow its directions.

Signature of Client/Legal Guardian/Conservator

Date

Signature of Psychotherapist

Date