

Disclosure Statement

Thank you for providing me with the opportunity to serve as your therapist. My disclosure statement is designed to provide you with information regarding my educational and professional background. It will also ensure an understanding of our therapeutic relationship and the types of services I provide. Please read this document thoroughly, as it will inform you of important office policies to be aware of. As a Licensed Clinical Social Worker (LCSW), and your therapist, I am committed to providing you with quality and professional counseling services. Any questions or comments you may have regarding this document or my services are encouraged.

Education- I received a Master of Social Work (MSW) degree in May 2019, from a Joint Masters of Social Work program, at the universities of NC A&T and UNCG. My educational training is unique in the fact that I have attended one of the few Joint Master of Social Work programs in the country, with both a multicultural and clinical focus. During my time in this program, I went on to acquire a certificate in School Social Work, which will allow me to work as a school social worker in any district within North Carolina. During my undergraduate years, I worked in other fields where I went on to obtain a Bachelor of Science in Human Development and Family Studies with a concentration in Child, Youth, and Family Studies and Bachelor of Arts in Psychology. Personally, I believe that it is the culmination of my expertise in each of these fields that enhances my ability to work with diverse populations of clients and utilize therapeutic techniques to facilitate positive patient outcomes.

Licensure and Credentials – North Carolina Licensed Clinical Social Worker(LCSW), #C014419

Professional Experience – Prior to working in a private practice, I have completed nearly 1.5 years of experience as a LCSWA, where I served as Human Services Clinician and acted as the Child and Adolescent Specialist in a community mental health center. During that time, I gained experience working with individuals, couples, families, and groups from ages 4 to 60+ years old.

Examples of my areas of competence and services provided include:

- *Child/ Adolescent
- *Transitions/Adjustments in life
- *Grief and loss
- *Couples and Family Therapy
- *Anxiety/Stress
- *Trauma
- *Depression

Theoretical Orientation- I take a person-centered approach to therapy and integrate techniques and skills from a variety of theoretical frameworks such as cognitive behavioral therapy, motivational interviewing, dialectical behavioral therapy skills, trauma informed therapy, family systems theory, solution focused brief therapy, and play therapy. I will employ the particular approach/approaches that I believe will be most effective in attaining the goals you and I have established for our work. **It is important to realize that your active involvement in the counseling process will be the most influential contribution to success.** Your input is essential in establishing treatment goals, focal issues, risks and benefits of change, the time

commitment involved, costs, and other pertinent aspects of your situation. Periodically, we will evaluate your progress and, if necessary, redesign our treatment plan, goals, and/or methods.

Personally, I believe that individuals seeking treatment are extraordinary people who lead normative lives. Often times, these exceptional individuals have or are experiencing some type of adversity and are taking the brave steps to seek guidance in certain aspects of their life. I have a passion for helping others and aspire to work alongside my clients as they pursue their goals. I have personally dedicated my life to working with children, couples, individuals, and families and encouraging them to pursue their passions and strive to become the best person they can be, in spite of the personal obstacles they may face. My goal as an effective Clinical Social Worker is to work myself out of a job. This means that I plan to provide my clients with the coping skills they need to feel confident, successful, independent, and capable of handling the challenges that life throws their way.

Additionally, I strive to raise awareness and strike down the negative stigma associated with mental illness by talking about it in my everyday interactions with others, in hopes of normalizing this topic, and encouraging others to seek help. I also continually focus on emphasizing the worth and dignity of my clients and celebrating human diversity. These are not only principles that I use to govern my practice but they are core values mandated by the NASW Code of Ethics that should be upheld by all social workers. Therefore, as a social worker, I believe that it is my responsibility to connect my clients to culturally appropriate tools they need to be able to solve their own problems.

My primary responsibility as a social worker is to uphold the values and ethical principles outlined in the National Association of Social Workers *Code of Ethics*. The standards described in the *Code of Ethics* require social workers such as myself carryout activities such as informing clients of confidentiality policies, implementing evidence-based practices, and engaging in a continual evaluation of the services they are providing.

While counseling interventions provide potential benefits, there may also be risks involved such as experiencing uncomfortable feelings (sadness, guilt, anxiety, anger or frustration) or having difficulties with other people. Some changes may seem to lead to worsening circumstances in the short run, but over time, with consistent responses, improvement should be experienced. Counseling/therapy is not guaranteed to resolve all problems or to always achieve what you desire. Premature termination can increase the risk of disappointment and can hinder the probability of working through the issues. Premature termination is not recommended. You will be making decisions that direct your life and guide your future. While I ask that you be aware of these risks, please also weigh them against the assets you may gain in your life by gaining insight into your life, developing skills, and equipping yourself with the ability to deal with life more effectively.

Session Fees & Length of Services – Sessions provided are 50 minutes in length and will be scheduled upon our mutual agreement. I agree to provide counseling services for a fee of \$90-\$150 per session. Payment is requested at the time of service. Cash and checks are the

preferred methods of payment however, credit cards are acceptable for payment also. If you wish to seek reimbursement for my services from your health insurance company, I will complete any reasonable forms related to your reimbursement provided by you or your insurance company. Health insurance may pay for a portion of service fees. You will be expected to pay any copay or deductibles owed at the time of your session. If you are unable to keep an appointment, please contact me to cancel or reschedule at least 24 hours in advance. If I do not receive such advanced notice, unless you have an emergency, you are responsible for paying for the session that you missed. Please note that insurance companies do not pay for missed sessions, therefore you will be responsible for the entire fee. It is still your responsibility to cover the cost of sessions if your insurance company denies claims. It is your responsibility to determine whether or not your insurance company will reimburse you and to what extent you will be reimbursed.

Use of Diagnosis – Please be aware that some health insurance companies will reimburse clients for counseling services and some will not. In addition, most insurance companies will require a mental health diagnosis before they agree to reimburse for costs of services. Also, there may be some diagnostic conditions that may not qualify for reimbursement. As a LCSW, I utilize the Diagnostic Statistical Manual of the American Psychiatric Association, Fifth Edition (DSM-V) when providing a diagnosis. If a qualifying diagnosis is appropriate in your case and it is in your best interest, I will inform you of the diagnosis in addition to submitting it to the health insurance company. Any diagnosis provided is not taken as a lifetime diagnosis of that mental health disorder but will become part of your permanent insurance records.

Confidentiality – Our conversations and the records I keep of our sessions together are private and confidential. However, there are a few circumstances in which I cannot guarantee confidentiality for legal and ethical reasons which include: (1) When I believe you intend to harm yourself or another person; (2) when I believe a child or elder has been or will be abused or neglected; (3) I am ordered by a court to disclose information; (4) I am required to provide clinical to insurance or managed care companies; (5) I am working collaboratively with other professionals where disclosure of personal information is necessary to provide optimal care; (6) you are a minor for whom confidentiality is limited to the extent exercised by your parent/legal guardian.

Email, Internet, and other Media- While it is convenient to correspond via email and other electronic based media, be advised that these modes are not deemed secure and are subject to hacking and therefore cannot be guaranteed to be secure. By participating in these modes of communication you are acknowledging the risks of utilizing these resources. In addition, I do not conduct therapy via email, but welcome scheduling by email since it can be handier than telephone calls to get the sessions set. I do not check my emails moment by moment and during weekends, vacations and conferences. I do not necessarily check emails daily. I will however get back to you as soon as possible to get your sessions scheduled.

Out of the Office- I will, from time to time, be out of contact due to such things as continuing education seminars, vacations, family emergencies, etc. Counseling is a uniquely personal

service and therefore therapy may be briefly interrupted. I will attempt to give you adequate advanced notice whenever possible.

Emergency Situations - If you have an *urgent situation*, which you feel needs immediate support, please make use of 24/7 emergency services not limited to but including 911, going to nearest emergency department, contacting Randolph County Mobile Crisis: 1-877-626-1772, Crisis text line: 741-741, National Suicide Hotline: 1-800-273-8255, Spanish Suicide Hotline: 1-888-628-9454, AA Hotline: 1-888-237-3235, NA Hotline: 919-831-5587, Addiction Hotline: 1-800-662-4357, S.A.F.E. Alternatives (support for self-harm) 1-800-366-8288, Eating Disorders Hotline: 1-800-931-2237, Domestic Violence Hotline: 1-800-799-SAFE, Grief Hotline: 1-800-395-5755.

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 NASW Code of Ethics (<https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English>).

North Carolina Social Work Clinical Licensure Board:

NCSWCLB Mailing Address:

P.O. Box 1043
Asheboro, NC 27204

Physical Address:

1207 S. Cox Street, Suite F
Asheboro, NC 27203

Phone: 336-625-1679 **Fax:** 336-625-4246

Acceptance of Terms

If you have any questions, please feel free to discuss them with me. Please sign and date both copies of this form. A copy for your records will be returned to you. I will retain a copy for my confidential records.

Client: _____

Date: _____

Therapist: _____

Date: _____