

Tara Cantrell
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704-781-7159

Counseling Training: I obtained my Master of Arts in Clinician Mental Health Counseling from Montreat College in 2015. Currently, I am a licensed Professional Counselor- Associate (LPCA) in the state of North Carolina. I have been practicing therapy since I was licensed in 2015. I primarily work with teens and adults who have experienced traumatic events, experience depression, and/or anxiety. I am trained in EMDR through the EMDR Institute. I am currently working toward certification in EMDR. I am also trained in CPT through Duke University Collaborative program. Additionally, I use elements of Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and Motivational Interviewing as appropriate.

Sessions: Individual sessions last approximately 50 minutes and may contain some homework which will be developed collaboratively. After discussion, the course and length of treatment will be decided and, depending on need, recommended session frequency may vary.

Fees: Initial session fees: \$120; Ongoing individual 50 minute sessions: \$100. Fees and copays are due at the time of the session. Returned check fee: \$25. Checks should be made out to Clear Creek Counseling. This office does provide billing support but it is recommended that you contact your insurance company directly to find out your financial responsibility. You will be responsible for any fees not covered by insurance.

Cancellation Policy: Cancellations should be made to me directly with 24 hours notice. Failure to provide sufficient notice will result in a \$40 charge for the first occurrence with the full fee required for subsequent occurrences.

Diagnosis: Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require that a diagnosis of a mental-health condition and indicate that you must have an “illness” before they will agree to reimburse you. I will inform you of any diagnosis made and it will become part of your permanent insurance records.

Confidentiality: All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information.

Court appearances: If subpoenaed for court, my fees are \$200 per hour including court, travel, and any preparation time needed.

Social Media and Dual Relationships: In order to protect your privacy, I am not able to respond to any media requests (i.e. LinkedIn or Facebook). Additionally, your relationship with me is a professional relationship. This relationship excludes me from being able to engage with

clients in any other context such as social or business engagements. This is a protection of our therapeutic relationship and allows me to provide the most beneficial counsel.

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 Professional Counselors P.O. Box 77819 Greensboro, NC 27417 Phone: 844-622-3572 or 336-217-6007 Fax: 336-217-9450 E-mail: Complaints@ncblpc.org

Client Signature: _____

Guardian Signature: _____

Child's name and DOB: _____

Counselor Signature: _____

Date: _____