

Licensed Professional Counselor Professional Disclosure Statement

Clear Creek Counseling, PC
Lawrence Jay Brown
Licensed Professional Counselor
(NC license # 13397)

Office: (980) 430-4971

E-mail: emmauschristiancounselingpllc@gmail.com

Thank you for choosing me as your provider of mental health services. The information below is aimed at providing you with information about the counseling process and help you understand the professional relationship.

Qualifications

MASTER OF EDUCATION, 2013

Kent State University, Kent, Ohio

Clinical Mental Health Counseling, CACREP Accredited

CREDENTIALS – Licensed Professional Counselor, State of North Carolina # 13397

PROFESSIONAL EXPERIENCE – Initial license granted 1/29/2014

Counseling Background and Approach to Treatment

Previous clientele include men and women with a wide array of mental health diagnoses. Particular emphasis on men in treatment for substance dependence. Areas of competence include mental health counseling, chemical dependency counseling, diagnose and treatment of mental and emotional disorders.

A holistic, wellness-based, approach to treatment is emphasized combining aspects of body, mind, and spirit. The framework for this treatment is Acceptance and Commitment Therapy (ACT). In addition, eco-therapy (exposure to nature and the outdoors as a form or component of psychotherapy) interventions are integrated into treatment as appropriate to improve mental and/or physical health. Spirituality is also emphasized and incorporated into therapy as an important dimension of wellness.

Session Fees and Length of Service

Each individual session shall last the standard of 50 mins which accounts for any overrun and allows time to transition between appointments. Fees and co-pays are due each session unless previous arrangements have been made. Forms of payment accepted are cash, check, and all major credit cards. \$25.00 will be charged for returned checks.

Initial consultation: \$150.00

Individual session (50min): \$110.00

Phone consultation (Qtr hr): \$30.00 (This charge will not be covered by insurance)

Your appointment time has been specifically reserved for you, however, should you be unable to keep your appointment, you must call (980) 430-4971 to reschedule. A minimum of 24 hours' notice is necessary. Failure to give adequate notice shall result in a charge \$55.00 for the first occurrence with full fee required for subsequent occurrences. Should you fail to arrive on time, the counseling session will still end at the regular time. This will allow the necessary preparation and transition time for the next appointments and so that these appointments can begin on their regularly scheduled time.

Insurance Billing

This office does provide billing services for insurance; however, you will be required to call your insurance company and receive prior authorization. You will be financially responsible for any fees not covered by insurance.

Use of 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. 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 request for reimbursement to the health insurance company. Please be aware that any diagnosis used for reimbursement will become part of your permanent insurance records.

Risks and Benefits

Research has shown that most of the common approaches to therapy are about equally successful. People who can talk and listen reasonably well, who are comfortable being alone with another person, and who are willing to pay attention to their own feelings, thoughts, and motivations probably will do well in psychotherapy. Sometimes, the benefits of psychotherapy can be enhanced by medications designed to decrease symptoms.

There are potential risks to psychotherapy. People may initially feel worse as the therapy progresses. In rare cases, psychotherapy may even trigger some people to have thoughts about wanting to hurt themselves and/or end their life. It is always important that you communicate any frightening or dangerous thoughts or feelings, or if you are considering harming yourself or someone else. If these thoughts or feelings arise you should immediately call 911 for emergency assistance.

Therapy can complicate your life. Therapy is often about making changes or about looking at yourself differently. Therapy can change how you live, and it can change how you feel about your relationships. Some research suggests that when one spouse or partner meets alone with a therapist to discuss problems involving the other partner, there is a chance that this could increase tension for a couple. Therapy is about helping you find your own solutions to your life's problems. Research shows that a therapist's advice about life problems is often no more helpful than anyone else's.

Finally, not all therapy is effective. If you have been in therapy for several weeks or months, and it does not feel like you are making progress, you should speak to your therapist. It may be that you would do better with a different approach to therapy, or even with a different therapist. As therapists, we know that we cannot be everything to everybody, and we are comfortable helping you make a change if needed.

Social Media Policy

Once information is put on the web, or any social media platform, it is permanently available to anyone. For this reason neither Clear Creek, nor I, will respond to any online review or social media requests. We discourage you from rating or commenting on our services as this leaves you open to losing therapeutic confidentiality.

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), and/or (c) I am ordered by a court to disclose information. I will respect your confidentiality outside the counseling session. For example, if I see you in a public place, I will not acknowledge you unless you acknowledge me first. Please be aware that should we have a counseling session in a public place such as a park, I will not be held responsible for anything that may be overheard by a third party and you hereby acknowledge that such a risk could be associated when we conduct a counseling session in a public place.

Complaints

I abide by the ACA Code of Ethics (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>). 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.

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

Acceptance of Terms

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

Client _____ Date _____

Print _____

_____ Date _____

Lawrence Jay Brown, LPC