

PROFESSIONAL DISCLOSURE STATEMENT

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PHILOSOPHY AND SPECIALTIES OF THIS COUNSELOR

I believe everyone has the power within himself or herself to become who they want to be. Counseling unlocks the door and provides the tools individuals need to make that change. Solution-focused counseling helps individuals identify existing strengths and natural resources in order to solve their problems. Additionally, individuals will begin to understand their thoughts, feelings, and actions intrinsically work together. A change in one area is most likely to affect a change in another. Often times, a small change in one area is all an individual needs in order to solve the problem. Counseling points individuals in the direction of change, but it is the individual who becomes empowered to change. My areas of expertise include parenting, interpersonal relationships, anxiety, depression, anger management, and grief therapy. In situations outside my specific area of expertise, I may, with your permission, consult with a specialist or refer you to another professional to better serve your needs. My theoretical orientation is integrative of client-centered, brief solution focused, cognitive-behavioral, and relational emotive behavior therapy (REBT) approaches. I work with individuals, couples, families, children, churches and church groups. I am glad you chose me as your counselor and am looking forward to a productive and caring therapeutic relationship.

EDUCATION AND EXPERIENCE

My education includes a Bachelor degree in Business Management and a Masters degree in Mental Health Counseling. My experience has been working with parents, anxiety, depression, anger management, problems relating to parenting techniques, and interpersonal relationships, working in a hospital setting, counseling office, and in-home sessions.

FEES AND INSURANCE INFORMATION

All fees are required at the beginning of each session at the following rates:

INDIVIDUAL: 50 minutes - \$120; GROUP: 1½ hours - \$50 per person (3 or more)

A sliding scale is available if necessary.

The client is responsible for all fees, and counselor does not participate in insurance plans. In cases of divorce, the presenting parent is responsible for payment. We can provide him/her a copy of the bill for the other parent. [*Clients are charged at the one-hour rate for appointments, which are not canceled 24 hours in advance*].

CONFIDENTIALITY

Clients are protected by Michigan laws governing confidentiality; no information regarding treatment is released without a signed release of information form.

THIS INFORMATION IS REQUIRED BY THE MICHIGAN BOARD OF COUNSELING, WHICH REGULATES ALL LICENSED PROFESSIONAL COUNSELORS.

In the event that a client would like to file a complaint regarding my counseling services, a written complaint should be sent to the following location:

Michigan Department of Licensing and Regulatory Affairs
Health Regulatory Division
P. O. Box 30670
Lansing, Michigan 48670
(517) 373-9196