

## Professional Disclosure COUNSELING INFORMATION & CONSENT

Welcome to counseling. My goal as a therapist is provide assistance so that you may clarify and find solutions to your interpersonal and psychological problems. My approach is to form an alliance with you that is both interactive and caring. Treatments I utilize are: Integral, transpersonal, gestalt, reality, cognitive/behavioral and psychodynamic therapy. I believe the counseling experience is a very personal, shared interaction between two people; and the most crucial aspect of this relationship is trust. To help you build this trust, I want to share with you my professional beliefs, background, and most importantly, your rights. This document is part of the standards of practice of the Texas Board of Licensed Professional Counselors. Please read this statement prior to our first session.

### Education & Experience:

I have a Master's of Science in Counseling from Southern Methodist University, Dallas, TX, and a Master's of Science in Organizational Leadership and Ethics from St. Edwards University, Austin, TX. My areas of special interest and experience are anxiety/stress, depression and grief, Substance Use Disorders, addictions, sexual abuse, spiritual and relationship issues. I have experience working with individuals, couples, families, chemically dependent individuals and their families, GLBT, dually diagnosed, high-risk youth, as well as the geriatric population.

I am a Licensed Professional Counselor-Supervisor (LPC #66706) with the State of Texas Board of Licensed Professional Counselors. I am a Licensed Chemical Dependency Counselor (LCDC# 6594) and I am also a certified Spiritual Director and Certified Sexual Recovery Therapist, Certified Clinical Partner Specialist and Certified Daring Way Facilitator™.

I hold memberships with the American Counseling Association, the American Psychological Association, Spiritual Directors International, and the Association for Practical and Professional Ethics and American Association of Sexual Addiction Therapists and Association of Partners of Sex Addiction Trauma Specialists.

I believe human beings are wondrously made with thoughts, feelings, and actions, bodies and spirits that can either help or stop them from meeting life's challenges. I define mental health as the ability to be honest with oneself and others, to take responsibility for self and the tasks of life, to have a sense of humor and to engage in meaningful, satisfying relationships, work and social activities. I am willing to explore with you how your thoughts, emotions, behaviors, physiology and or spirit may be helping or harming your ability to achieve mental health. If there are any areas you do not wish to explore, please tell me and we will not discuss those areas. **YOU ARE IN CHARGE OF YOUR THERAPY. IT IS OKAY TO SAY "NO" TO ANY SUGGESTION AND TO ASK ME "WHY" I AM DOING WHAT I AM DOING.** I am prepared to explore issues related to God, faith or spirituality from your perspective, but only if you request it. I am trained to reflect from *your* faith view, not my own.

I believe that a counseling relationship is collaborative. What "collaborative" means to me is that you and I meet as human beings with different experiences, knowledge and expertise. You are the expert on your life and have many resources within you that will help you meet your goals in therapy. I bring my own life experiences; my training and information about human psychology, behavior and theology that may assist you in meeting your goals in therapy. You and I will decide on mutually acceptable goals for therapy and work together to achieve them. We are both responsible for "the work" of therapy.

I am able to provide outpatient psychotherapy services. In other words, I am able to work with people who can be responsible for their part of the working relationship, take care of themselves between sessions and stay safe from harming themselves or others. I will make recommendations and refer to other professionals who can provide more intense therapy any person I perceive cannot take responsibility for her-/himself or who cannot remain safe between sessions. I believe your part of the working relationship is to set goals, make decisions about how you will live your life and solve your problems and take actions on your new decisions. You are also responsible for telling me what is helpful AND what is not helpful. I am responsible for assessing your needs in therapy, applying what I have learned to best address these needs, encouraging you to take the power within you to make your life work and for making recommendations of other resources to help you achieve your goals.

After you have read this information, please ask me any questions you may have. Keep asking questions until you are satisfied you understand the answers.

### Policy Concerning Legal Matters

Please be notified, I am not a legal consultant or representative. I do not do custody evaluations or make recommendations regarding custody agreements. I do provide counseling, consultation, interventions and psychotherapy to individuals, couples, and families who are making changes in their lives or dealing with difficulty in a life situation. Because I am mandated to protect the confidentiality of all my clients and their children, I shall not testify nor provide summary of sessions for the purpose of custody issues. I shall not discuss the content of any session with any legal representative. If, however, I am subpoenaed to do so or ordered to do so by a presiding judge, the fee to the party demanding such services will be \$250.00 per hour for all activity related to and providing such a service including travel time, etc. Reasonable reimbursement for travel expenses is required. A retaining fee of \$1500.00 must be prepaid.