

LCMHC Professional Disclosure Statement

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It takes an intelligent person to admit they don't have all the answers to life. You have taken the important first step to pursue a freer and more fulfilling life. This document contains important information about my professional services, business policies and your rights. Please read it carefully and jot down any questions you might have so that we can discuss them at our next meeting. When you sign this document, it will represent an agreement between us.

MY QUALIFICATIONS

I received a master's degree (M.A.) in mental health counseling from Argosy University, Phoenix, Arizona in 2011 and had previously received a master's degree in divinity (M.Div.) from Southeastern Baptist Theological Seminary in Wake Forest, NC in 1981. I was in full-time counseling, working under licensed professionals since 2001. The North Carolina Board of Licensed Clinical Mental Health Counselors approved my licence as a Clinical Mental Health Counselor in 2021, License # 10571.

COUNSELING BACKGROUND

I have experience assessing and counseling men, women, couples, parents, and children of all ages. I am able to counsel general areas, such as depression, anxiety/panic, adjustment issues, psychological aspects of bi-polar disorder, substance abuse, grief, job stress, spirituality, relationships, abortion recovery, weight management issues, family of origin issues, phase of life issues, and sexual addiction. I am also able to counsel in relational areas such as marriage counseling, premarital counseling, separation, divorce recovery, and non-medical sexual dysfunction. I am also experienced in counseling parenting issues, behavior problems, attention deficit disorders, hyperactivity disorders, and abuse recovery. In addition, for clergy and spouses, I can help with burnout, depression, boundary issues, family stress, and crises of faith

My counseling style takes into consideration the individual differences and developmental stage of each client and family, while at all times demonstrating respect for the client's beliefs, customs, and socio-cultural values. I believe most every problem has a root hurt and until the root cause is healed, the problems will continue. I also believe that what we tell ourselves shapes our perception, our emotions, and our reality. I am adept in using multiple treatment modalities depending on client needs, abilities, strengths, and desire for change. Some of these treatment modalities used include Cognitive Behavioral Therapy, (CBT) and Rational Emotive Behavioral Therapy (REBT), both of which teach how to combat irrational beliefs that bring pain/anxiety/depression. Various relaxation methods are taught including progressive muscle relaxation where a person concentrates on muscles groups and tightens and relaxes them, Emotional Freedom Technique (EFT) which uses positive self-talk while stimulating relaxation pressure points, and finally, focused deep breathing. In addition, negative schemas or hurtful beliefs developed in childhood that now cause pain and problems

can be addressed by developing a positive narrative about the situation and corrective affirmations. I am also adept at using Emotional Freedom Technique to help heal memories that are still causing problems in your life.

EMOTIONAL/SPIRITUAL SERVICES

Though I force my views on no one, in addition to being an NC state licensed clinical mental health counselor, I am an ordained minister as well as who can offer God's Biblical grace to those who desire that.

I do not prescribe medication. If you or a family member requires services that I cannot provide, I shall assist you with a referral, and with your permission, coordinate services with the specialty provider.

COUNSELING BENEFITS AND HOW YOU RECEIVE THEM

Counseling is a way to enrich your life. Counseling can improve your physical, mental, and spiritual wellbeing as well as your relationships. You may have specific issues to address or just want to enhance your daily living. There are many different methods I may use to deal with the problems that you hope to address. The Bible, too, has many answers to life's problems if that is an area you would like to explore.

Counseling is not like a medical doctor visit. Instead, it calls for a very active effort on your part. In order for the counseling to be most successful, you will have to work on things we talk about, both during our sessions and at home.

Counseling can serve to further uncover your strengths and help provide strategies about ways to employ them. I consider it an honor to be an empathetic, non-judgmental, objective presence in a situation where you can be at your most vulnerable. Thank you for the privilege of providing you with this help.

Counseling can have benefits and risks. Since your effort to change often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings as we work through the issues. On the other hand, counseling has also been shown to have benefits for people who go through it. Counseling often leads to better relationships, solutions to specific problems, significant reductions in feelings of distress, and, if you desire it, the peace of a closer relationship with God. Healthy changes in you may bring about a change in close relationships that may or may not be welcomed by others.

There are no guarantees that your problems will be remedied by pursuing services with me. Growth is difficult, and things may feel worse before they get better in our work together, though many find more happiness in life afterward.

In our initial session(s), I will gather information about your reasons for pursuing counseling and take a personal history. After the evaluation session(s), I will be able to offer you some first impressions of what our work together will include if you decide to continue counseling with me. We will work together to devise a counseling plan that offers a reasonable promise of success and is consistent with your abilities and circumstances. We will regularly review the plan to ensure its continued viability and effectiveness.

Changing habits and dealing with old hurts involves a commitment of time, finances, and energy which may yield much peace and satisfaction. You have the right to refuse any mode of change suggested and I will look for another method to help. If you have questions about my procedures, we should discuss them whenever they arise.

Of course, you can discontinue our services at any time. However, discontinuing services in the midst of pain is not a safe choice. Rather than dropping out without a word, what is recommended is that you express your desire to discontinue services and allow me to help you close the issue and give you the tools to deal with it on your own until you choose to open the issue again with further counseling. If at any time you would like a referral to another counselor or psychiatrist, I will provide one.

SESSION FEES AND LENGTH OF SERVICE

Sessions are 50-55 minutes long and the fee is \$130. You can save 10% by paying four sessions in advance (\$468). Cancellations must be made 24 hours in advance. You will be billed a \$25 fee for any appointments that are missed, canceled, or rescheduled with less than 24 hours' notice. I ask that you abide by this policy out of respect for my time, as well as for the benefit of others who are trying to schedule an appointment at the same time as your own.

It has been found that allowing a client's bill to accrue is detrimental to the client and to the professional relationship. Therefore, payment will be expected at each session. Payment can be made by cash, check made payable to NC Christian Counselor (NCCC), by credit/debit card, and most HSA cards (You can let the card issuer know that this business type is classified as Medical Services and the four-digit MCC code associated with NC Christian Counselor is 8099. They should be able to tell you whether or not I can accept your HSA card by providing that information.). There are no refunds for services already rendered.

INSURANCE

I am only an IN-NETWORK PROVIDER for Blue Cross Blue Shield PPO, Blue Option, Blue advantage, Blue Select, Blue Care, Classic Blue, and Federal Employees. I am OUT OF NETWORK FOR State, Blue Value, Blue Local, and Blue Local for Duke and Wake Med. I can provide you with a receipt that you can submit to another insurance company or employer as an out of network provider, but I do not bill insurance companies other than Blue Cross Blue Shield and prices are self-pay.

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. Any diagnosis made 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. If you request your records, I would encourage you to review it with me so I can explain what is meant by what is written. 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 suspected child or elder abuse or through life-threatening communicable diseases), or (c) I am ordered by a court to disclose information. If any of these occur, you will be encouraged to reveal the information yourself to the appropriate person or authorities, but I am required by law to report abuse.

In most legal proceedings, a letter from a lawyer can be rejected by a reply letter claiming privilege. In some proceedings involving child custody and those in which your emotional condition is an important issue, a judge may order my testimony if he/she determines that the issues demand it. If a judge orders it, the information has to be given.

If I believe that a client is threatening serious bodily harm to a specific person or persons, I am **required** to take protective actions. These actions may include notifying the potential victim or contacting the police. If a client threatens to harm himself/herself, I may be obligated to call the Crisis Team or others who can help provide protection. These situations have rarely occurred in my practice. If a similar situation occurs, I will make every effort to fully discuss it with you before taking any action.

I may occasionally find it helpful to consult other professionals about a case. During a consultation, I avoid revealing the identity of my client. The consultant is also legally bound to keep the information confidential. If you don't object, I will not tell you about these consultations.

I will be happy to discuss these issues with you if you need specific advice, but formal legal advice may be needed because the laws governing confidentiality are quite complex, and I am not an attorney.

PROFESSIONAL RECORDS

The laws and standards of my profession require that I keep treatment records. They are safely kept on an encrypted drive on a doubly encrypted laptop. An electronic encrypted copy is kept in a safe. You are entitled to receive a copy of your records, or I can prepare a summary for you instead. If you wish to see your records, I recommend that you review them in my presence so that we can discuss the contents. Clients will be charged the standard fee for any professional time spent in responding to information requests.

CONTACTING ME

I am not always immediately available by telephone since I may be with a client. When I am unavailable, my telephone is answered by voice mail that I monitor frequently. I also check my email. I will make every effort to return your call or email on the same day you make it, with the exception of weekends and holidays. If you are difficult to reach, please inform me of some times when you will be available. If you are unable to reach me and feel that you can't

wait for me to return your call, contact your family physician or the nearest emergency room and ask for the psychologist or psychiatrist on call. If you need to talk to a crisis line, you could also call HOPE4NC: 1-855-587-3463 or text "hope" to 1-855-587-3463. If I will be unavailable for an extended time, I will provide you with the name of a colleague to contact, if necessary.

COMPLAINTS

There are no guarantees that your problems will be remedied by pursuing services with me. Growth is often difficult, and it takes time and work. Though many find more happiness in life after they experience counseling, things may feel worse before they get better in our work together depending on the level of pain you are experiencing that brought you to counseling.

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

North Carolina Board of Licensed Clinical Mental Health Counselors
PO Box 77819
Greensboro, NC 27417
Phone: 844-622-3572
Fax: 336-217-9450
Email: Complaints@ncblcmhc.org

My signature below indicates that I have read the information in this document, reviewed it with John Henry, and agree to abide by its terms during our professional relationship.

Client's PRINTED name _____

Client's signature _____ Date: _____

Spouse/partner's PRINTED name _____

Spouse/partner's signature _____ Date: _____

Counselor's printed name John A. Henry, Jr. MDiv, MA, LCMHC

Counselor's signature _____ Date: _____