

Professional Disclosure Statement And Consent for Mental Health Counseling Services

Ugochi Babajide, MA, LCMHC
Center For Anxiety Relief And Education, PLLC

Please read this disclosure statement prior to starting professional counseling. This document is part of the Standards of Practice of the North Carolina Board of Licensed Clinical Mental Health Counselors (NCBLCMHC) per Rule .0204 of Chapter 53, Title 21 of the North Carolina Administrative Code. The Statement is intended to provide you with relevant information that could help you make a determination as to whether my services will suit your needs. Feel free to share any concerns you might have about any information stated in this document prior to the performance of counseling services.

Degrees

M.A. in Mental Health Counseling, Alliance Graduate School of Counseling – 2009
B.S. in Business Administration, Georgian Court University – 2001

Credentials

Licensed Clinical Mental Health Counselor in North Carolina (LCMHC) – License Number: 11311

Counseling Experience

2008 – Present

Population served (Adults and Groups)

Anxiety Disorders: (Including Panic Disorder, Obsessive Compulsive Disorder (OCD), and various Phobias); Work Place Anxiety; Stress Management; Life Purpose Coaching

Theoretical orientation and Techniques

Because every individual is unique, I work together with clients to choose the appropriate technique or approach that best suits their needs. The first thing I tend to work on is the mindset. I believe that many of our issues start there; so I help train the client to take control of their thoughts. Negative thoughts can lead to negative feelings and this eventually leads to the undesirable behavior. I have found this to be true for nearly every concern of a neurotic nature.

Cognitive Behavioral Therapy (CBT)

To tackle mindset issues, I have found this model to be helpful. I believe that some of our behavior is caused by internal events (thoughts and feelings) which we view as real and powerful. With CBT, we will attack faulty thinking and self-defeating behavior, correct misconceptions and help clients gain insight into their own views. The aim is to change behaviors and solve problems. This is also effective as short-term therapy. Although some problems can be brought under control within 6-8 sessions, it could vary based on the severity.

Person Centered Therapy

This form of talk therapy exudes an interpersonal acceptance and relationship. It focuses on the client's feelings and is a non-directive approach. In order for this process to be successful, I provide unconditional positive regard, genuineness, and emphatic understanding; in other words, I listen attentively and respectfully without judgment. This works best for clients who wish for a relationship-centered therapeutic process rather than a technique-centered one.

Christian Counseling

This form of therapy is for clients who prefer a religious approach to therapy. Individuals who opt for this model believe that humans were created to have a relationship with God, rule and dominate the earth; however because of a single act of disobedience, they lost those privileges - hence the fall. Because people are in a fallen state, they became alienated from God, lack direction for their lives, and strive with others. Through Christian Counseling, we intend to bridge this gap with the saving grace that Jesus Christ has already provided. NOTE: This technique is exclusively used for Pre-Marital; Marital Counseling; and Pornography addiction. However, this technique is an option for all other issues; and clients may opt out of its use at any time.

Solution Focused Brief Therapy

This form of talk therapy focuses on what clients want to achieve from therapy rather than what caused the problem in the first place. The client and I focus on the present (here and now) rather than the past. The belief here is that change is constant and the therapist and client will work on finding solutions to circumstances that need to be changed while attending to the current favorable situations that the client would want to persist.

Eclectic Counseling

Also known as *Integrative Counseling*, this approach maintains that no one theory in particular can cater to the complexities of human behavior. Here, I draw inspiration from many theories. The goal is to determine what treatment is most effective for the client since everyone is unique. To date, the Eclectic approach has been the most famous therapeutic choice for my clients, followed by CBT. However, I strongly suggest you review and choose what form of therapy works best for you.

Treatment Mandates

Clients voluntarily seek therapy to address their mental health issues. This is proven to be most effective in gaining positive results. As a result, I do not treat clients that are mandated or coerced in anyway to enter therapy.

Length of Sessions and Appointments

A typical counseling or psychotherapy session with me lasts 60 minutes. Appointments are scheduled on a need-to basis; weekly; or longer, depending on your unique situation and need. You are not required to schedule a set number of appointments but keep in mind that most of my clients are on recurring schedules, thus they have reserved certain slots going forward.

Fees

The standard payment for counseling services is \$150.00 per session OR at my insurance-provider contracted rate. Health insurance companies often require that a statement of diagnosis of a mental health condition be present in order to reimburse counseling services.

Please be aware that any diagnosis made will become part of your permanent records. Cash, personal checks, Health Savings Account (HSA) cards and credit cards are acceptable methods of payment. There is a \$50.00 fee for dishonored checks. If you are unable to keep an appointment, a 48-hour notice is needed to cancel or reschedule. Failure to call within that time will result in a \$75.00 fee. The release of clinical information to any person other than a health care provider will cost \$35.00. Release of information to a health care provider is free. In either case, a consent for the release of such protected information must be signed.

Please note: I do not complete forms related to family leave or any other disability investigation. However I can provide you with copies of your mental health records, per your request, upon receiving your signed request to release the protected health information.

Confidentiality

Therapy often involves sharing sensitive, personal and private information. Ethical guidelines require that all interactions, including content of our sessions, your records, scheduling of attendance at appointments, and personal progress notes are kept confidential. Counselors are bound by code of ethics to hold confidential anything that happens during sessions and no one can have access to any information without your signed consent.

Exceptions to confidentiality include:

- A client poses a clear and imminent danger to themselves or to someone else
- A client requests release of information
- A court orders a release of information
- A client raises the issue of their mental health in a law suit
- Emotional, physical or sexual abuse and neglect (actual or suspected) of a child

Emergency

I do not offer emergency services. In the case of emergency, please dial 911 or go to the emergency department.

Mode of Communication

Please contact me via email at care101@Loseyouranxiety.com or via phone at 919-926-0694. I do not send, neither do I receive text messages. This is a land line and cannot transmit text messages.

Complaint Procedures

If you are not satisfied with any aspect of the counseling process and you believe I am unable to resolve the problem, you may contact:

North Carolina Board of Licensed Clinical Mental Health Counselors
P.O. Box 77819
Greensboro, NC 27417
844-622-3572

Please sign your name below if you have read and understand the above information and voluntarily agree to participate in counseling services.

Client Signature

Date

Therapist Signature

Date