

## **CLIENT DISCLOSURE STATEMENT**

**Benjamin A. Jones, MA, NCLPCA (#11895)**

I am pleased you have selected me as your counselor. This document is designed to provide you with information you need regarding my background and to ensure that you understand our professional relationship. We will discuss any questions about this information or other preliminary matters at the beginning of our work together.

I am a "Licensed Professional Counselor Associate" in North Carolina. I hold a Masters of Arts degree in Counseling from Reformed Theological Seminary - Orlando, which was completed in May 2015. I joined The Barnabas Center on September 1, 2015.

### **Counseling Services Offered/ Theoretical Approaches**

I am grateful for my training at Reformed Theological Seminary in Orlando, FL. While there I worked at the Oviedo Counseling Clinic, which was a low cost counseling center where clients could be seen by counseling students. I did over 250 hours of counseling with individuals and couples while in school. I also had 150 hours of group counseling experience. I saw people with depression, suicidality, cutting, anorexia, history of sexual abuse, emotional problems, marital crisis, pre-marital couples, and people with problems related to addictions. My group work included facilitating Grief Share and Marriage 911 groups.

You can expect to work inside and outside of the counseling room. On occasion, I may request that you read books or interact with some assignment. Change is seldom quick and easy; therefore your consistent and ongoing effort will be very necessary.

The theoretical base for my work with you as a client will come from the concepts and ideas set forth by a variety of authors and teachers in the Christian counseling field, most notable are Drs. Larry Crabb and Dan Allender. This spiritual framework is integrated with perspectives of family systems, existential, psychodynamic and cognitive-behavioral understandings of how people work. My approach focuses on looking at patterns of relating to others as a way of understanding how you think, believe and behave towards life. Because we look at patterns, we will be looking at your whole life, not just the part of your life dealing with an immediate problem. We will talk about the pain that you are experiencing and we will talk about the strategies you are employing to deal with that pain. Some of the issues we deal with may evoke some uncomfortable feelings like sadness, guilt, anxiety, anger or frustration. In addition, some of our work may lead to what seems to be worsening circumstances or even losses. Despite these risks, our goal will always be to examine the struggles in light of Christ's love and sacrifice for us.

I believe that talking through both the pain and the strategies you use to handle the pain will enable you to accept what you cannot change and find constructive ways, which are in your control, to work with present problems. Implicit in this process are the Biblical concepts of forgiveness, reconciliation, and character development. Fundamentally the context of God's grace and His forgiveness enables positive change and growth to occur.

In working with couples, I primarily utilize techniques set forth by Susan Johnson collectively known as Emotionally Focused Therapy. I am certified in Prepare/Enrich, which is primarily used with pre-marital couples but can be used with married couples to analyze problem areas within the relationship.

My clients are adult individuals, couples, and families. Most of the clients I work with seek counseling due to a variety of relational and personal issues, such as anxiety, depression, and interpersonal conflict. I provide both individual and marriage counseling. I utilize an interpersonal and relational approach, which seeks to help facilitate positive change through the dynamics of the therapeutic relationship. I incorporate object relations and attachment theories into my understanding of how issues may have developed in a client's life. I may employ cognitive behavioral therapy techniques as a way to correct cognitive distortions a client may have.

I am not equipped to work individually with severe medical or psychological issues, and therefore will make appropriate medical or psychiatric referrals, as I deem necessary.

### **Confidentiality**

The information you share with me as your counselor, including the fact that you are a client, will not be discussed outside the practice without your knowledge or consent, nor will your records be sent to or shown to others without a signed release from you. As we work together, any exceptions to confidentiality will be identified as they arise. The legal standing of privileged communication is less clear in marital and family work where there are really multiple clients. There are, however, a few exceptions to your individual privilege of confidential communication:

a. Danger to yourself or others. If you threaten to harm either yourself or others, or to commit a felony, and if I believe you might do this, I am under obligation under the law to protect any involved people from physical harm.

b. Child abuse. If I have reason to believe that you are abusing or neglecting a child, I am obligated under North Carolina law to report that to the Department of Social Services. You should also be aware that "social service agencies" define a broad range of events as reportable under child protection status, including various types of hitting which could not be construed as acceptable discipline, whether or not bruises are made. Also, there are times in which child abuse which occurred quite some time ago may be legally required to be reported; usually when the victim of past abuse is still under the age of 18. Thus far, I have not seen Social Services take any action in such cases of past abuse.

c. Domestic abuse. If I have reason to believe that you are abusing or neglecting another dependent or elderly adult; or that you are being abused or neglected yourself, I am obligated under North Carolina law to report that to the Department of Social Services.

d. Supervision. As an LPC Associate I am required by the state to regularly meet with a supervisor to discuss my

