

## CLIENT DISCLOSURE STATEMENT

John D. Pierce, NCC (#42414), CSAT (2001c-0278, NCLPC (#3149)

I am pleased you have selected me as your counselor. The counseling experience is a very personal, shared interaction between participants. This alliance is most productive when there is trust built between us. So in a beginning way of building our trust, I offer this document to provide you with information regarding my professional background, theoretical approach and standards of practice. Most importantly, the following outlines your rights and the ground rules that will govern our relationship. This document is part of the standards of practice of the North Carolina Board of Licensed Professional Counselors.

*Please read this statement prior to our first session. We will discuss any of your questions about this information along with other preliminary matters at our first meeting.*

**Training:** In 1986, I received my Bachelor of Arts degree from William Jennings Bryan College (Dayton, Tennessee) with a major in Psychology and a minor in Bible. I also hold a Masters of Arts degree in Biblical Counseling from Colorado Christian University. I am a "Licensed Professional Counselor" (NCLPC #3149) in the state of North Carolina. As well, I maintain the additional requirements to be certified through the National Board of Certified Counselors (NCC #42414). In 2001, I received additional training to work with sexual issues and addiction, which affords me the opportunity to practice as a Certified Sexual Addiction Therapist (CSAT). I have been counseling since 1986, and have twenty- four years of counseling experience.

**Experience:** In addition to my training experiences, I served as the director of campus life, a new student counselor and as a youth pastor at William Jennings Bryan College. While at the College, I met with students from a wide diversity of cultures and backgrounds, and worked successfully to enable students to flourish in the midst of a variety of significant personal problems. I also worked extensively with students in their career development, helping them discover their professional aptitudes and preparing them to enter the work force. My twelve years of student development work greatly informs my understanding of people and the struggles they encounter.

From 1994-97, I directed the activities of a private counseling practice serving individuals and couples in SW Denver, CO. During that time I created and directed Journey of Men, a small group ministry for men that focused on the enhancement of interpersonal relationships.

In September 1997, I joined the staff at The Barnabas Center where I now direct the Honors Program, a multi-faceted course of treatment for men and women recovering from sexual wounding and addictive behavior. I am a "Licensed Professional Counselor" in North Carolina.

**About The Barnabas Center:** It is important that you understand from the outset of our counseling relationship that The Barnabas Center is a non-profit, Christian counseling, teaching and training center purposed to encourage deeper and more loving relationships with God and others. We believe that the struggles in life and relationships offer us opportunities to grow in our relationship with God. Our overarching desire as counselors is to help people find God in the midst of their problems. In tandem, we desire to use all of our professional and clinical training to address the multifaceted issues that have led you to seek counseling in the first place. We seek to be compassionately Christian and clinically competent.

You can expect to work inside and outside of the counseling room. On occasion, I may suggest that you read books, take some tests or interact with some assignment. Change is seldom quick and easy, therefore your consistent and ongoing attention to the process will help your progress significantly.

**Counseling Services Offered:** I have specialized training in the treatment of sexual wounding, sexual addiction, marital betrayal, same sex attraction, and spiritual formation, and I work with individuals and couples seeking counseling for these issues.

I provide individual and marriage counseling, brief intensive counseling (one or two days), group counseling experiences, sexual addiction recovery programs and educational seminars on the counseling and recovery process. Most of my work is with adult men who are 18 or older and their spouses.

I am not trained to treat medical issues and I am not trained to treat all psychological issues. There may be occasions where I will need to refer you to other medical, psychological or psychiatric professionals in order to assist you best. We will talk together about this in the process of our work together if referring becomes a necessity.

**Theoretical Approaches:** I work from a biblically based Christian worldview which has been most influenced by the thought of Christian authors and educators Drs. Lawrence Crabb and Dan Allender. I also have specialized training in a Task Based Addiction Recovery Treatment model developed by Dr. Patrick Carnes.

I have studied widely and make use of thinking and interventions from a variety of theoretical approaches to counseling, which include: Cognitive Behavioral Therapy originally developed by Aaron Beck, Brief Psychodynamic Therapy as outlined by Hans Strupp, Family Systems Therapy as outlined by Murray Bowen, Emotion Focused Therapy as developed by Sue Johnson and, Attachment Theory as outlined by John Bowlby, and Existential Psychotherapy by Irving Yalom.

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 story, not just the part of your life dealing with the immediate problem. Some of the issues we deal with may evoke some uncomfortable emotions 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 (for example, the result of counseling cannot promise that a marriage will stay together). Despite these risks, our goal will always be to examine the struggles in light of Christ's love and sacrifice for us, and what it means to live an honorable life before Him. Implicit in this process are the Biblical concepts of forgiveness, reconciliation, character development and maturity. Fundamentally, I believe that knowing God and His grace enables us to find wisdom and move toward positive change and growth.

**Confidentiality:** The information you share with me, 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 you signing a release. 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 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 we believe you might do this, we are under obligation by the law to protect any involved people from physical harm.
- b. Abuse. If you or someone you know is abusing or neglecting someone under 18 years of age or older than 65 or if the abuse is happening to someone who is emotionally or mentally handicapped, we are obligated under North Carolina law to report that to the Department of Social Services. Any behavior deemed abuse whether physical, emotional, sexual, mental or verbal will be

reported. This includes juveniles under the age of 18 who are abusing a child three years younger than the minor. 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. In addition, I am required to report instances where children are witnesses to abuse. 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.

- c. Supervision. The counseling ministry has a policy of supervision to help guarantee quality of service to you. Consequently, your case may be discussed with other counselors at the center or with our supervising psychologist or psychiatrist. My supervision occasionally requires that I video-tape or audio-tape counseling sessions wherein my practice of therapy is reviewed. Video-tape or audio-tape of our sessions will always be at your written consent and will be discussed individually prior to the occurrence. Confidentiality is strictly maintained and the destruction of these tapes occurs after they have been used for their stated purpose.
- d. Litigation and legal proceedings. In rare circumstances, professional counselors can be court ordered to release information.

**Explanation of Dual Relationships:** Ethics require that we explain to our clients that the counseling relationship is strictly a professional relationship despite the fact that the information shared in a counseling session may be of a very personal nature. Ethics also require that all interactions between client and counselor are conducted in a professional manner. All Barnabas Center staff is committed to such professionalism.

**Length of Sessions:** Most regular counseling sessions run 45-50 minutes in length. It is typical for a client to begin their counseling by scheduling an appointment on a once-a-week basis. Usually I require a longer first (assessment intake) session, 90-100 minutes. Occasionally (and for a variety of reasons), it is necessary for a client to schedule longer sessions or multi-day intensives to accomplish their goals. We will discuss (usually at the close of our first session) how to schedule your counseling sessions to best reach your goals.

**Emergencies and Communications:** If you urgently need to contact me regarding an emergency situation and you are unable to reach me at the office, please contact one of the following resources as needed: call 911, or go to the local emergency room, or the local mental health department, call your pastors, a friend or neighbor. **Use of Electronic Mail or Voicemail:** Please be aware that e-mail or voicemail may not always be private or confidential and may not be delivered to or read by the recipient in a timely fashion. I will not be able to address any therapeutic concerns via either of these mediums.

**Cancellations:** If you are unable to keep a scheduled appointment, please call to cancel or reschedule at least 24 hours in advance. I bill for missed appointments that occur without advanced notice and request full payment. Making an appointment reserves a time only for you (we do not overbook). You may cancel an existing appointment or ask to reschedule an appointment by leaving a recorded message at the center 24 hours (business days) in advance of your appointment. We will gladly work to accommodate your scheduling needs as it is possible.

**Fees and Method of Payment:** The cost for each 45-50 minute session is \$155.

The Barnabas Center is dedicated to making counseling assistance available for those in need. In order to provide assistance we are helped by generous donors who understand the importance of this ministry. For that reason, part of our work as a ministry is to raise funds annually

through our non-profit status as a 501(c) (3) to provide financial scholarships to clients who need help. Scholarships are available upon request and will be granted, as available, by considering the information you provide on the scholarship application and according to the sliding scale, which is based on annual gross income:

Under 25,000	\$75
25,001-40,000	\$85
40,001-50,000	\$95
50,001-65,000	\$105
65,001- 80,000	\$115
80,001-100,000	\$125
100,001-150,000	\$145
Above 150,000	\$155

Applications for scholarship may be requested in person, by telephone from the Office Administrator

Your fee will be \$155 per session. Your scholarship fee will be \_\_\_\_\_ per session (to be determined upon application review).

**Payment Procedures:** I will take payment (check, cash, or credit/debit card) at the beginning of each session, a receipt will be provided at that time. The client is responsible to pay for all treatment expenses at time of service.

**Insurance:** Because the Barnabas Center does not employ a full-time Psychologist or Psychiatrist and because my degree is at the Masters level, some insurance companies do not cover counseling sessions at the Barnabas Center. However, I am licensed in the state of NC and if your insurance company is an exception, you are welcome to contact them and file a claim for insurance reimbursement. We are unable to make claims for you, though we will provide (at your request) a form that supplies the information your insurance company will need when you file a claim. Please be aware that any personal information or diagnosis provided to an insurance company can no longer be held to the same standard of confidentiality, and may well become part of your permanent insurance record. If you receive insurance benefits, you will still be expected to pay for each session as it occurs.

**Grievance Procedures:** If you are dissatisfied with any portion of your work with me, please inform me immediately. Part of therapy is to work out solutions in a safe environment. If you think you have been treated unfairly or unethically, the North Carolina Board of Licensed Professional Counselors has the general responsibility of regulating the practice of licensed psychologists, licensed clinical social workers, licensed professional counselors, and unlicensed professionals who practice psychotherapy. Any questions, concerns or complaints regarding the practice of psychotherapy or any other mental health profession may be directed to: NC Board of Licensed Professional Counselors, PO Box 77819, Greensboro, NC, 27417 or by phone at (844) 622-3572 or email at Complaint@ncblpc.org.

By signing below I signify that I have read and understand (or have asked for clarification) the information presented. Please sign and date two copies of this form. You will be given a copy for your records, and I will retain a copy for my records.

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Client's signature Date

\_\_\_\_\_  
Client's signature Date

\_\_\_\_\_  
Counselor's signature Date  
John Pierce, NCC, CSAT, LPC