

CLIENT DISCLOSURE STATEMENT

Lauren P. Cheatham, MACC, NCLPC #6932

I am pleased that you have selected me as your counselor. This document is designed to provide you with the information you need regarding my background and to ensure that you understand our professional relationship.

I hold a Masters Degree in Christian Counseling from Gordon-Conwell Theological Seminary in Charlotte, NC. I am a Licensed Professional Counselor (LPC #6932) in the state of North Carolina. I am also certified (NCC) through the National Board of Certified Counselors. In May 2007 I joined The Barnabas Center where I provide individual and marriage counseling, as well as group therapy for adult women.

In addition to my counseling degree, I have completed two internships at the Barnabas Center where I counseled couples and individuals and co-led several small groups. I also have completed a practicum at Presbyterian Hospital as a Chaplain Intern and at Hickory Grove Baptist Church Counseling Center as a Counseling Intern. I also received an Advanced Certificate with Dan Allender.

Counseling Services Offered/ Theoretical Approaches

It is important that you understand from the outset of our counseling relationship that the intent of our work together is to enable deeper and more loving relationships with God and others. Over the years I have come to see that many of the non-medical problems we encounter grow out of difficulties in relationships. I believe that relationships provide the context in which people can see that their struggles with others and within themselves are foundational struggles with God. My purpose as a counselor is to help people find ways to move toward richer, fuller, more loving relationships with others and God - through greater dependency on Christ.

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 approach is integrated with perspectives of family systems, 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 (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.

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.

My clients are adult individuals and couples. Most of the clients I work with seek counseling due to a variety of life struggles. I am not equipped to work individually with severe medical or psychological issues, and therefore will make appropriate medical or psychiatric referrals, as I see 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. In my counseling practice I have a policy of supervision to help guarantee you receive quality service. Consequently, your case may be discussed with my supervisor and other counselors as

