

## **CLIENT DISCLOSURE STATEMENT**

**Tiffany Shores, MA, LPC, LCAS**

I am pleased you have selected me as your therapist. 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 today.

I am licensed with the North Carolina Substance Abuse Professional Practice Board as a licensed clinical addiction specialist (LCAS #1639). I am also a licensed professional counselor (LPC #8483) with the North Carolina Board of Professional Counselors. I am recognized by the National Board of Certified Counselors as a Nationally Certified Counselor (NCC #87139).

I hold a Master of Arts degree in Counseling Psychology from Marymount University in Arlington, VA, which was completed in August 2003.

I have over 10 years of post graduate counseling experience in mental health and addictions and have held volunteer and paid positions in the helping field prior to my graduate degree in the areas of severe mental illness, employee assistance programs, sexual assault recovery programs and peer helping programs.

### **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.

I draw from a varied background working in mental health as well as addictions to help clients with problems in areas of addictions, sexualized intimacy, anxiety, depression, grief, trauma, abuse, and caring about loved ones who are trapped by these same issues. The theoretical basis for my work primarily comes from ideas and concepts in the Christian counseling field mixed with 12 step wisdom and evidenced based practices. The theorists and writings that I am currently leaning on include Drs. Dan Allender and Larry Crabb, Motivational Interviewing concepts set out by William Miller and Stephen Rollnick, marital counseling concepts by John Gottman, The Big Book, the NA text, John Baker and various Celebrate Recovery literature to name a few. Through my education and years of experience, I have incorporated other authors and ideas that made their

way into how I view how people get better, and I am continuing to learn and study and grow.

My clients are adult individuals, couples, and families. At times my work includes adolescents ages 14 and up. Most of the clients I work with seek counseling due to a variety of life struggles. I work with clients individually, in couples and in a group format. There will inevitably be certain issues that may arise where I am not completely equipped and will make appropriate medical or psychiatric referrals, as I deem necessary in order to ensure your best care.

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 and learn how He may redeem these tribulations.

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.

### **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 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

