

CLIENT DISCLOSURE STATEMENT

Caroline Chambers, MA, LCMHCA #A16119

Thank you for selecting me as your counselor. This document is designed to provide you with information about my background and approach to counseling and to ensure you understand our professional relationship.

I earned a Masters in Counseling from Gordon-Conwell Theological Seminary in 2002. While studying there, I worked for two years providing supervised counseling services to adolescents in residential care and adults in an acute care setting. Since then I've also worked in a mental health crisis center, and in dementia-specific long-term care for three years. I've been continuing my education both in the classroom, taking additional counseling classes at GCTS in Charlotte and working in early education, and outside the classroom in community outreach. I'm currently in the onboarding program at The Barnabas Center, completing a two-year intensive training curriculum.

I am a Clinical Mental Health Counselor Associate in North Carolina. I am co-counseling and receiving supervision from my clinical supervisor in order to grow as a counselor. Meredith Spatola, MACC, LCMHCS #8087, co-counsels with me and supervises my work at The Barnabas Center.

Counseling Services Offered and Theoretical Approach

I counsel adults, individuals, and couples using a person-centered approach integrating psychological truths within a Biblical framework. It is my belief that all people are created in the image of God and bear dignity as human beings. Due to our fallen nature, however, we often find ourselves at odds with one another, ourselves, and God. Change happens when we face the reality of who we are, where we came from, and what we believe. When we identify patterns of relating or patterns of belief that contribute to how we hide from God, we can begin the process of change and growth. It is my hope to walk beside clients on this path and join in where God is already at work.

The decision to seek counsel is a difficult and important one, and the counseling relationship provides an opportunity for growth and restoration. We will address your specific concerns as well as look for patterns across your life to discover familiar strategies for coping. Counseling is a process and change is often difficult. You may experience uncomfortable feelings of sadness, guilt, anxiety, or stress during our sessions. Some of our work together may temporarily worsen your symptoms or circumstances along the path to long term healing. My hope is that during our time together, you will experience the safety you need to bring honesty if the work stirs too deeply. If this happens, we can adjust the focus to help facilitate growth in a gentler way. Despite the risks and continued effort that our work

together may involve, our goal is to find restoration and healing in relationships with one another, within ourselves and with God.

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 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. Though, with a couple, there are no secrets as the "marriage" is deemed the client. 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 that 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.) Litigation and legal proceedings. In rare circumstances, associate counselors can be court ordered to release information.

e.) Supervision. In my counseling ministry, I have a policy of supervision to help guarantee that you receive quality of service. As an associate working toward full licensure, I am required to meet with a licensed supervisor approved by the board in North Carolina. For every 40 hours of counseling that I complete, I am required to spend at least an hour with my supervisor in order to receive feedback regarding my progress as a counselor. I will also be co-counseling regularly with my supervisor. As such, I will not often audio or video record our sessions for supervision reasons. If a need for this does arise, we will discuss this individually prior to the occurrence. My supervisor is

Meredith Spatola, LCMHCS #8087. She can be reached at (704) 365-4545 or by email at mspatola@thebarnabascenter.org.

Explanation of Dual Relationships

Ethics require that I explain to my clients that the counseling relationship is strictly a professional relationship, despite the fact that the information shared during counseling sessions may be of a personal nature. Ethics also require that all interactions between client and counselor are conducted in a professional manner.

Length of Sessions

I typically schedule 50-55 minutes per session. Occasionally, it is necessary for a client to schedule a longer session (usually 1½ or 2 hours) if we seem to have trouble working within the hour time frame or if there is a problem with the frequency of visits. It is typical for a client to begin counseling by scheduling an appointment on a once-a-week basis. We may however need to adjust these arrangements to meet our goals and schedules.

Cancellations

If you are unable to keep a scheduled appointment, please call to cancel or reschedule at least 24 business hours in advance. Otherwise, full payment for the session is required. This is because making an appointment reserves that time session only for you, the client, to the exclusion of others. Cancellations may be made by leaving a message on my voicemail with the date and time.

Fees and Method of Payment

I will take payment by check, cash, or credit/debit card at the beginning of each session and receipts are available at your request. The client assumes full responsibility for all expenses for counseling. If applicable a \$25 returned check fee will be charged.

The cost for each 50-minute session is \$155. The Barnabas Center staff raises funds to finance scholarships for clients who need them. Scholarships are available upon request and will be granted by filling out a scholarship request form. A lower rate could be given based on this sliding scale:

<u>Income</u>	<u>Fee</u>
Under \$25,001	\$60
\$25,001-\$40,000	\$70
\$40,001-\$55,000	\$85
\$55,001-\$70,000	\$95
\$70,001-\$85,000	\$105
\$85,001-\$100,000	\$115
\$100,001-\$125,000	\$125
\$125,001-\$150,000	\$140
Above \$150,000	\$155

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

Insurance Payments

Because I am not working with a full-time psychologist or psychiatrist, my degree is at the master's level, and we are not in network, most insurance companies do not cover counseling sessions. However, if you think your insurance company may be an exception, you are welcome to contact them and file a claim. I will provide coding for sessions via insurance receipts to help you with self-filing. Please be aware that any personal information or diagnosis that is provided to an insurance company can no longer be held to the same standard of confidentiality and may become part of your permanent insurance record. Though you may not receive insurance benefits, you will be expected to pay for each session as it occurs.

Grievance Process

If you are dissatisfied with any portion of your work with me, please bring this to my attention so that we can make adjustments. You may stop counseling at any time for any reason. My goal is to provide service consistent with ethical standards; however, if you think that you have been treated unfairly or unethically, please let me know or contact my supervisor Meredith Spatola at 704-365-4545 or by mail at 7615 Colony Rd., Suite 200, Charlotte, North Carolina, 28226. Also, any questions, concerns or complaints regarding the practice of psychotherapy or any other mental health profession may be directed to: North Carolina Board of Licensed Clinical Mental Health Counselors, PO Box 77819, Greensboro, NC, 27417 or call (844) 622-3572 or email Complaints@ncblcmhc.org.

Consent to Treatment

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. By signing below, you are agreeing that you have read and understood the above information.

Client #1 Signature Date

Client #2 Signature Date

Counselor's Signature Date
Caroline Chambers, MA, LCMHCA