

Professional Disclosure Statement Wendy Osborn, MA, LCMHCA (#A16108)

I am thrilled that you have decided to take this step towards greater health and healing through counseling, and I count it a privilege to be with you on that journey. I am an LCMHCA in the state of North Carolina (LCMHCA #A16108), having finished a master's in Clinical Mental Health Counseling at Liberty University in August 2020. Over the past two years, I have also worked with Dr. Dan Allender of the Seattle School of Theology and Psychology in the areas of trauma and abuse. I currently hold two levels of Certification in Dr. Allender's methodology of Narrative Focused Trauma Care. I am currently an extern at the Allender Center in Seattle, WA. In 2011 I attended Dr. Larry Crabb's School of Spiritual Direction. My approach to suffering and personal change is largely drawn from the work of these two psychologists. In addition, I am currently pursuing certification as a Registered Play Therapist (RPT).

I provide counseling to individuals and couples who are struggling with a variety of personal and relational issues including anxiety, depression, and various forms of trauma. Currently, I also provide co-counseling with colleague Pete Bondy who is providing specific guidance in the Barnabas Center Model of Counseling.

Counseling Services Offered/ Theoretical Approaches

As a Christian guided by Biblical Scriptures, I hold the belief that we live in a fallen world. Each of us has been painfully wounded by that reality, and we bear the scars. I also believe in the presence of a sovereign and loving God who not only overcame the evil with which we are now contending through His work on the cross, but who chooses to dwell in the darkness *with* us. He offers us opportunities to draw near to His own disfigurement which He received in His fight for the souls of His people. I believe that He writes the details of our personal lives with particular intention so that He may accomplish more than we could ever imagine for our good and His glory. I believe deeply in the power of unpacking both the harmful and the holy stories of our lives in the presence of a wise and kind guide who can help identify themes of fear, hope, anger, resistance and shame with the goal of bringing us face to face with Jesus, our desperately needed Savior. I am a client-led, Biblically-informed clinician who will utilize the truths of scripture as much or as little as you prefer. I consider it my calling to help those in my care achieve freedom from past pain and grow a deep and abiding hope for the future. I believe that Jesus came so that we might "have life and have it to the full" (John 10:10) and that this ability is rooted in a growing understanding of and dependence on the person of Christ and His work on our behalf.

In addition to my spiritual framework, I integrate perspectives of family systems, attachment theory, and psychodynamic understandings of how people develop, learn, operate, and change. My approach involves considering a variety of formative experiences of your life and assisting you in identifying themes of thinking, belief, and behavior towards self, others, God, and the world. Together we will use the data we collect in the process to find the best avenues for your personal healing and change. We will discuss the strategies you are using to manage your

pain and develop ways of coping with difficulties and pursuing peace. Frequently this work—which can be intense at times—evokes feelings of regret, guilt, anger, or sadness. There may even be times when these emotions and/or the experiences of your life feel overwhelming or worse than before counseling. If this happens, we will work together to make things as manageable and as comfortable as possible without forsaking our goal of personal healing. While acknowledging that we are waiting on the resurrection of the Ultimate Sunday, I honor the reality that much of our earthly lives is lived in the darkness of Friday's crucifixion. I will join you in hoping for the renewal of all things while we confront present pain and heartbreak that doesn't resolve easily or quickly and sometimes lasts as long as our human bodies walk this earth.

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 a part of my employment at The Barnabas Center, I receive regular supervision to ensure that I provide you with the highest quality of care. I meet regularly with Kurt Zuiderveen (Licensed Clinical Mental Health Counselor Supervisor, kzuiderveen@thebarnabascenter.org) to review client cases and receive feedback and direction as needed. Consequently, your case may be discussed with my supervisor and other counselors as necessary. My supervision occasionally requires that I videotape or audiotape counseling sessions wherein my practice of therapy is reviewed 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 state purpose.

e. Litigation and legal proceedings. In rare circumstances, counselors can be court ordered to release information.

Explanation of Dual Relationships

Although our sessions will often feel psychologically intimate because of the topics we consider and discuss, while we are working together our relationship will be a professional one rather than a social one. In this way, our time together will focus exclusively on your concerns. Counseling ethics require that all interactions between a client and a counselor be conducted in a professional manner.

Length of Sessions

Sessions may be held on a weekly, biweekly, or monthly basis, depending on the nature of the presenting problems. Each meeting will last 50–55 minutes in length and will be scheduled according to our mutual availability. Most clients begin by scheduling weekly appointments on a once-a-week basis. Occasionally, it is necessary for a client to schedule a longer session (usually 1 ½ to 2 hours) if the typical session length proves to be an insufficient time frame or if there is a problem with the frequency of visits. We will work together to schedule your sessions in a way that is mutually agreeable to all involved parties.

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 recorded message on my voice mail 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 \$155. The Barnabas Center staff raises funds to finance scholarship for clients who need them. Scholarships are available upon request and will be granted as available based on the sliding scale [annual gross household income]:

Income	Fee
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

Applications for scholarship may be requested in person or by telephone through the office administrator.

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 and because my degree is at the Masters level, most insurance companies do not cover counseling sessions. However, should you think that your insurance company may be an exception to this; you are welcome to contact them and file a claim for insurance coverage. I am unable to make claims for you, but I will provide the information your insurance company may need. 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. Though you may receive insurance benefits, you will still 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 inform me immediately. Part of therapy is to work out solutions in a safe environment. Further, I abide by the NBCC, ACA, and NCBLCMHC Code of Ethics as well as the CCE’s Standards for the Ethical Practice of Clinical Supervision. Although clients and supervisees are encouraged to discuss any concerns with me first, you may file a complaint against me with the NCBLCMHC should you feel I am in violation of any of these codes of ethics, please contact: North Carolina Board of Licensed Clinical Mental Health Counselors, P.O. Box 77819, Greensboro, NC 27417 or call: 844-622-3572 or 336-217-6007 or fax: 336-217-9450 or email: complaints@ncblcmhc.org.

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 I signify that I have read and understand (or have asked for clarification) the information presented.

Client #1 signature Date

Client #2 signature Date

Counselor’s signature Date
Wendy Osborn, MA, LCMHCA