

Professional Disclosure Statement

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My Qualifications

I am currently a Resident in Counseling at the private practice Counseling Connect, PLLC. I have been a resident since 2022, right after I graduated with my Master's in Counseling and Human Development from Radford University. My resident license number is 0704015511. My undergraduate degree was obtained from Liberty University where I received a Bachelor's of Science in Psychology and Crisis Counseling. I work under my supervisors, Ginny Puckett (license number 0701008791), and Rae Burgess (license number 0701010180) who are Licensed Professional Counselors as well as Virginia Board-Approved Supervisors.

Counseling Background

I have had over three years of mental health experience in the areas of: Therapeutic Day Treatment (TDT), intensive in-home, mental health skills building, direct support professional (DSP), some group counseling and individual counseling. I have worked with clients that have struggled with life transitions, attachment styles, infidelity, self-esteem, OCD, eating disorders, ADHD, bipolar disorder, depression, anxiety, C-PTSD, religious trauma, sexual trauma and struggles, non-monogamous relationships, grief, and more. It is important to me that as soon as my client's walk into my office that they experience a safe judgment-free space, where they can process the things on their mind and feel seen, heard, and understood. My space is warm and inviting for everyone I encounter. I also consider myself a member and advocate of the LGBTQIA+ community, as well as an advocate of BLM.

My main theoretical orientation that I work under is a humanistic approach, meaning that first and foremost my clients are human beings. I heavily emphasize that progress is not linear. Other approaches that I pull from in my sessions are: psychodynamic, gestalt, solution-focused, multiculturalism, feminist, holistic, attachment-based therapy, narrative and more. I am also certified in TBRI (trust-based relational intervention), which looks at what is being communicated from a behavior and why instead of the behavior being the problem.

Session Fees and Length of Service

The length of the intake session (first initial session) is \$140 at 60 minutes and the follow-up sessions are \$130 at 50 minutes. For no-shows, which includes being 15 minutes late to session, and late cancellations (less than 24 hours notice) there is a fee of \$125. There will be no exceptions to this policy. I also offer a sliding scale for clients starting at \$50 and going up to

\$99, which can be discussed case-by-case per client. Payment is made by debit or credit card and checks and cash are not accepted.

Diagnosis

As a clinician, I believe in the right that my client's have to know what their diagnosis is and we will discuss the implications in session. Some insurance companies will reimburse clients for mental health services, but some may not. If you (the client) plan on using insurance for session costs, most insurance companies require a diagnosis in the first session in order for reimbursement to happen, as well as there being justification for why the client is seeking services. Certain diagnoses are not qualified for reimbursement from insurance companies, so please ensure to talk with your insurance company about reimbursement. When a diagnosis is made, this is a piece of information I will discuss with my client and process with them in session. It is important for the client to understand that any diagnosis made will be permanently on their record. Due to HIPPA, I am not authorized to share your (the clients) diagnosis, UNLESS you (the client) have signed a Release of Information.

Confidentiality

Confidentiality belongs to you (the client), meaning that all of your private information is yours and I am responsible for keeping it safe for you. All of our communication becomes part of the clinical record, which you may access upon request. I will protect your confidentiality and not share anything you say as part of our counseling relationship, with the following exceptions: a) you direct me in writing to disclose information to someone else, b) it is determined you are a danger to yourself and/or others, c) you share information about child and/or elder abuse, or d) I am ordered by a court to disclose information.

Complaints

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with my supervisors, Ginny Puckett and Rae Burgess at ginny@counseling-connect.com or rae@counseling-connect.com, or the organization below should you feel I am in violation of any of these codes of ethics. I abide by the ACA Code of Ethics (<https://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

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9960 Maryland Dr., STE 300
Henrico, VA 23233
Phone: (804) 367-4610 (Main Line)
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Acceptance of Terms

We Agree to these terms and will abide by these guidelines.