



Professional Disclosure Statement

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Thank you for considering me as your counseling provider. I'm excited to start working with you at Redfish Counseling (RFC). Below, you will find an outline of my training, information about my counseling work and session structure, and other important details.

Background & Qualifications

I am a Licensed Clinical Mental Health Counselor (#15453). This license means that my work meets state and national standards of clinical effectiveness and adherence to ethical commitment.

I received my Master of Arts in Psychology with a concentration in Clinical Psychology from Towson University in Towson, Maryland in August 2019. I received my Bachelor of Arts in Psychology in May 2017 from Ohio University in Athens, Ohio. I currently have four years of counseling experience, which includes supervised graduate experience and coursework training in group, family, children, and substance abuse counseling. My counseling experience consists of the assessment and treatment of emotional or psychological disturbances. Common concerns or issues addressed may include, but are not limited to, anxiety, obsessive-compulsive disorder, depression, self-esteem, attention difficulties, grief, loss, life transitions, spirituality, and marital discord.

Counseling Approaches

The clientele I typically serve ranges from adolescents to older adults and primarily takes place in an individual setting. In terms of my services, I do not adhere to a one-size-fits-all perspective of counseling theories, which means I take an integrative approach to solving client problems. I incorporate cognitive-behavioral, solution-focused, and person-centered techniques into my practice. In efforts to recognize everyone's individuality, these techniques are evidenced-based and adapted to meet a client's specific needs. This combination of theories means that I direct focus to the interaction between thoughts, beliefs, and actions while isolating thought patterns that may not be suiting you at this point in life. We may also work to acknowledge the impact that childhood experiences and your general upbringing has on current functioning, thinking patterns, and tendencies. Additionally, we may assess the ability to recognize emotions and feelings as well as evaluating our ability to change and accept current life circumstances.

If clinically indicated, a more behavioral-based approach may be utilized, such as exposure therapy, whereby the client is exposed to their fears. This approach may come in various forms and is facilitated in a non-threatening, strategically planned manner so that emotions can be processed in the moment and upon confrontation with the specific fear(s). At all times, exposures are conducted in a gradual fashion, following a plan that is collaboratively developed in order to promote meaningful engagement with the feared situation, object, or activity.

Special attention will be given to the clinician-client relationship as I feel that personal growth comes from empathy, respect, and genuineness in our partnership. My role in therapy is to be a source of information and empowerment, a sounding board, and a partner in your quests. It is not my place to judge, instruct, or "fix" you – our sessions will ultimately be a collaborative process as you are the expert on your own life. Nevertheless, this is a professional relationship, not a social one, with essential boundaries. I will preserve these professional boundaries in order to protect your safety and to ensure you achieve positive outcomes.

Session Fees & Length, and Insurance

Out-of-pocket fee rates for services are set by RFC and range from roughly \$85 - \$185. These rates can be viewed on the RFC website, and in your Client Portal in the "Standard Fee Schedule" form. If you are in need of an additional copy of this information, please do not hesitate to request one from myself or another RFC team member. It is possible my services may be covered by your insurance plan. RFC can help clients better understand their benefits prior to starting therapy. Clients are ultimately responsible for obtaining and maintaining accurate information about their coverage during the course of therapy. If my services are out-of-network for your insurance plan, your insurance may still cover

some portion of service costs. Payment for services will be discussed prior to and at your initial session. RFC accepts cash, credit or debit cards, HSA and FSA debit cards, and checks. Payments for services are typically processed at the end of the service date.

Typically, a first session for a new client lasts 60 minutes. Standard individual and family sessions are 55-60 minutes long. Group session lengths may vary based on group structure. Sessions may have additional time added to them in advance (up to a total of 120 minutes).

Any outside services I provide may have related fees applied to them, per RFC policy. For example, while attending or testifying in Court is not a goal of counseling, fees for this service will be charged if court attendance or testifying is required.

I do not provide the following services:

- DWI assessments
- Custody evaluations
- I reserve the right to deny the provision of additional outside services based on clinical and professional discretion

Client Records and Confidentiality

After our first session, your RFC client record will be created. If you choose to utilize your insurance to cover service costs, this client record may include a diagnosis (which we will discuss). Most insurance companies require a diagnosis of a mental health or substance abuse condition before they will pay for any services.

RFC follows Federal Confidentiality requirements as outlined by HIPAA.

Confidentiality of your participation in therapy and the content of therapy sessions may be waived in the following situations:

- you or your legal guardian directs me in writing to disclose information to someone else;
- I or other RFC staff determine that you may face imminent risk of harm to self or others;
- there is indication of child or elder abuse; or
- I am directed by court order to disclose information specific to the court order.

In addition to the above methods for maintaining your confidentiality, clients are strictly prohibited from recording any audio or video of in-person or telehealth ("online counseling") sessions whatsoever.

Exposure Therapy and Confidentiality

In the event that exposure-based therapy is recommended, exposure exercises may occur in public settings outside of the Redfish Counseling office. Accordingly, by engaging in exposure therapy, there is a potential risk that other individuals, known or unknown to me and/or you, may become aware of you receiving therapeutic services. Of course, protection of your health information and privacy is of highest priority. We will enact every reasonable effort to ensure that your protected health information ("PHI") is kept private prior to and during any therapy occurring outside of Redfish offices. However, due to the nature of exposure therapy in public settings, treatment may be performed in the presence of other individuals, and Redfish Counseling cannot guarantee fully that your anonymity will be maintained in public settings.

Outside Relationships & Electronic Communication

Ethical and legal codes restrict me from engaging in any form of relationship with clients other than professional (including personal social media connections). This protects your personal rights and privacy. Our time together will be most valuable if viewed as a working relationship. If we happen to see each other outside of counseling, I will not acknowledge or approach you. This is to protect your confidentiality and privacy. You may approach and interact with me in public if you feel comfortable doing so. I will not discuss clinically-related information with you in public, and may choose not to introduce you to others I am spending time with in that instance - this also protects your privacy and helps ensure counseling work stays effective in session.

The use of electronic communication may be needed or preferred in some instances. These methods include phone (voice and text), email correspondence, and telehealth sessions. Although these forms of communication are very

efficient, I cannot ensure that all electronic communications are entirely secure, and am not liable for potential breaches of privacy that may result from your use of any digital or electronic correspondence. The RFC Practice Policies outline RFC practices regarding electronic communication in more detail.

I do not provide after hours or emergency contact support through RFC. RFC provides clients with a list of emergency resources in the client portal, upon request, and on the RFC website at the bottom of the "FAQ" page. I recommend that you become familiar with these resources in the event of a situation where urgent assistance is needed.

Complaint Procedure

In the event that any part of our work together creates a cause for concern or complaint, please inform me immediately. I try to address any concern that clients voice as quickly and effectively as I possibly can. You may discontinue sessions with me at any time or request a referral, which I will be happy to assist you with. If you believe that I am in violation of the current ACA code of ethics at any point (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>), you may:

Contact RFC to discuss your concerns:

Redfish Counseling
1022 W 1st St, Ste #203
Winston-Salem, NC, 27101
Email: office@redfishcounseling.com
Phone: 336.914.3038

- OR -

File a complaint with the organization below:

NC Board of Licensed Clinical Mental Health Counselors
P.O. Box 77819, Greensboro, NC, 27417
Phone: 844-622-3572 or 336-217-6007
Fax: 336-217-9450
E-mail: Complaints@ncblpc.org

Acceptance of Terms

I, _____ agree to the terms of this Disclosure Statement and to abide by these guidelines.
(print name)

Client Signature _____ Date _____

Parent/Guardian Signature (if client under 18) _____ Date _____