



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 Associate (License Number A17258). This license means that my work meets state and national standards of clinical effectiveness and adherence to ethical commitment. I am also a National Certified Counselor (NCC, Certification Number 1623905) certified by the National Board of Certified Counselors. As a Licensed Clinical Mental Health Counseling Associate I work under a restricted license in North Carolina, which requires that I work under supervision. My clinical supervisor is Dr. Astra Czerny, PhD, LCMHCS, NCC, BC-TMH, Assistant Professor of Counseling at Lenoir-Rhyne University. Dr. Czerny can be reached by phone at 704-325-2092 or by email at astra.czerny@gmail.com.

I graduated with my Master of Arts (M.A.) degree in clinical mental health counseling from Lenoir-Rhyne University in December 2021. This program is accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP), the nationally recognized accrediting agency for counseling graduate programs. I have been providing counseling services under supervision since January 2022.

Counseling Approaches

In my clinical work, I rely on an integrative, multicultural, and trauma informed perspective. The integrative approach allows me to blend aspects of Acceptance and Commitment Therapy (ACT), Internal Family Systems (IFS) and Brainspotting (BSP) all while keeping a person-centered orientation at my core. Acceptance and Commitment Therapy is an empirically based therapy that uses acceptance and mindfulness strategies together with commitment and behavior change strategies. Internal Family Systems is an evidence-based treatment that views the inner world of clients as characterized by parts. IFS works to encourage clients to listen to all of their parts and access Self energy. I am also a certified Brainspotting Therapist, meaning that I have formal certification in this therapeutic modality. BSP is a type of mindful processing that helps people access, process, and overcome challenges such as trauma, difficult emotions, grief, anxiety and feeling stuck. BSP incorporates the mind, body, mindfulness tools, and eye position to assist in creating change. Being person or client centered means that I also believe the client is the expert on their own life, and that they must take an active role in therapy. Using these techniques in an integrative way allows me to work with clients who present in many different ways and who come from a variety of cultural backgrounds. Keeping multiculturalism at the forefront of my practice also allows me to recognize, acknowledge and accept the differences that exist between myself and my clients. Incorporating multiculturalism allows the client to bring in every aspect of themselves to counseling, recognizing that they are the expert on their experiences. Being a trauma-informed counselor means that I am also sensitive and accepting of the idea that each person may have been through an experience that has deeply impacted or hurt them. I will take care to consider the impact every experience may have had on every client to avoid any retraumatizing.

My counseling experience includes working with college students, both undergraduate and graduate, in a university setting. I have worked with adults whose ages range from 18 to later adulthood. I have experience working with individuals and groups, nontraditional college students, student athletes, and have provided both personal and career counseling. I also have experience working with individuals who have high functioning anxiety and obsessive compulsive disorder.

Session Fees & Length, and Insurance

Out-of-pocket fee rates for services are set by RFC. These rates can be viewed on the RFC website, and in your Client Portal in the "New Client Orientation" packet. Private pay fees currently range from roughly \$65 to \$185. 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 through Redfish Counseling 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 generally 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 or forensic assessments
- Custody or parental evaluations
- Emotional support animal evaluations or letters

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.

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 _____