

## **PROFESSIONAL DISCLOSURE STATEMENT**

Thank you for considering me for your counseling needs.

My name is Alessandra Nelson. I received a Master's of Arts in Psychology from Fayetteville State University in 2001. I am a Licensed Professional Counselor (LPC) in the state of North Carolina, license number 4361. I received this license in 2003, and I have approximately 15 years of counseling experience.

I serve a pretty diverse clientele, and I enjoy working with clients with a variety of issues, to include but not limited to depression, anxiety, PTSD, adjustment to life changes, sexual abuse, marital issues, changing family dynamics, OCD and codependence. I am willing to work with patients as young as 6, and there is no age limit on the other end of the spectrum.

My theoretical orientation is integrative, with a stronger emphasis on a cognitive behavioral approach. I believe that every person needs a tailored treatment plan, and since no two people are alike, there will be no "cookie cutter" approach to therapy, but a personalized treatment plan that will keep into account the person's strengths and individuality.

The typical therapy session will be between 50 and 60 minutes long. The fee for the initial assessment session is \$175, while the fee for the sessions to follow is \$125.

If you have insurance, I will file with your insurance for you as a courtesy, but it is still your responsibility to cover your deductible and copays (as per your specific insurance plan), and to make sure you have your insurance's authorization to be seen by me. I accept personal checks and credit cards (MC and Visa) as well as cash (exact change is preferred)

If you need to cancel or reschedule your appointment, my cancellation policy requires you to call and cancel with at least a 24 hour notice. All sessions that are not cancelled within that time frame will be considered no shows, and you will be responsible for payment of a \$75 no show fee, as insurances cannot be charged and do not pay for no show fees. You will be required to pay all of your outstanding feed before the next session can be rescheduled, unless we make special arrangements

After the first assessment session, and sometimes after the second or third, you will receive a diagnosis, that will be used as guidance in the treatment plan to follow. It is my duty to inform you that diagnoses become permanent part of a client's record.

I will keep the information you share with me strictly confidential. The only exceptions to confidentiality are as follows: if you shared with me your intention to harm yourself or

someone else; if you shared with me information pertinent to child or elder abuse or neglect; if I were issued a court order to release information on file. If you want or need me to share any of your information with anybody, i.e. another health provider for coordination of care, you would have to give me permission in writing, and fill out an Information Release Permission form.

If you had any concerns with me or my practices, I would appreciate you sharing them with me first, but you always have the option of registering a complaint with my professional board, which is the North Carolina Board of Licensed Professional Counselors, P.O. Box 1369, Garner, NC 27529. Their telephone is (919) 779-5642.

I am looking forward to working with you, and I will be more than glad to answer any additional questions you may have in reference to my policies and the therapy process.

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(Alessandra Nelson, LPC)

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(Date)

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(Patient's signature)

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(Date)