

LPC Professional Disclosure Statement

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Welcome, North Carolina State law requires that I provide you with a disclosure statement outlining my credentials as a counselor and your rights as a client. The following statement covers the points on which you should be informed according to North Carolina State Licensed Professional Counseling laws. If you have any questions about the materials contained in this statement, or about any aspect of your counseling experience, please do not hesitate to ask. I am currently a Licensed Professional Counselor (LPC).

Qualifications

To attain a license as a Licensed Professional Counselor the state of North Carolina requires a minimum of a master's degree in the field of counseling. I attain a Master of Arts in Clinical Mental Health Counseling with a concentration in Marriage and Family, from Appalachian State University, Boone, North Carolina. North Carolina Board of Licensed Professional Counselors issued me the license of Licensed Professional Counselor Id #10945, the National Board for Certified Counselors granted me the certificate of National Certified Counselor, Id #329562.

As a LPC, I have been employed and continue to this date to perform individual counseling as well as a couples/marriage counseling for Better Days and Nights, Counseling Services, 600 Silver Springs Drive, Suite 1A, Banner Elk, North Carolina. I am contracted as the Director of Counseling Services for Lees-McRae College, 191 Main Street West, Banner Elk, NC 28604. The contract requires me to preform individual counseling, group counseling and mental health education for the students as needed. My employment at Lees-McRae College continues to this day.

As a LPC I am a member of professional counseling organizations such as North Carolina Counseling Association, P.O. Box 20875, Raleigh, NC and American Counseling Association, 5999 Stevenson Ave. Alexandria, VA.

Counseling Background

The clientele I serve are individuals, adolescents through senior adults, couples, marriages and families. Every individual/couple/marriage/family is a unique and complex being or system. I will use your responses to my initial assessment to identify your emotional, mental, physical, social, spiritual, economic, and career goals. We will then collaborate to create a therapeutic contract for our sessions. It is important to have open and honest communication in order for appropriate counseling goals to be established.

The counseling theories I use in session are *Person Centered Therapy*, *Motivational Interviewing* and *Cognitive-Behavioral Therapy*. *Person Centered Therapy* focuses on creating a strong professional relationship between the counselor and client, creating a safe environment in which the client can explore his or her own personal growth and development. *Motivational Interviewing* is a counseling

style for eliciting behavior change by helping clients to explore and resolve ambivalence. *Cognitive-Behavioral Therapy* is problem focused and action oriented, utilizing specific strategies to help address and solve issues including recommendations on implementation of changing actions, thoughts, feelings between our sessions.

When working with couples and families a systemic approach is used. *Family Systems Therapy* relates to people in relationships, dealing with the interactions of groups and their patterns and dynamics.

As stated above, depending on your individual needs, I will use different methods of counseling. Sessions will have a variety of focuses such as: self-awareness, life choices, problem solving, and goal setting. Other areas of counseling may include: responsibility, your strengths and limitations, self-concept, acceptance, and creating positive change. Outside of session there may be homework assignments such as, journal writing, reading, and/or other creative activities to assist with your personal discovery and expression.

My expertise includes: couples and family relationship counseling, career counseling, and the use of journal writing and other creative techniques. During my master's program at Appalachian State University, my concentration was Marriage and Family. In addition, I studied Gestalt techniques, as well as therapeutic writing. In my past profession I was a commercial artist.

You can expect to be challenged in a caring and empathetic manner. My challenges are designed to assist you with self-examination, and seeking alternative options and strategies for handling life. I believe a trusting, working-relationship between counselor and client is important and I will strive to achieve that with my clients.

I am comfortable working with individuals from diverse cultures and lifestyles. My philosophy is that all people are to be accepted and respected. I will be as objective and genuine with you as I can. Overall, counseling is a process in which you, the individual, gains knowledge, skills and tools that will facilitate continued growth and development after counseling has ended.

Session Fees and Length of Service

It is impossible to guarantee any specific results regarding your counseling goals because the outcome is dependent on your work as well as mine. However, we will work to achieve the best possible results. Referral to another counselor or service will be discussed if satisfactory progress is not achieved, or in the event that additional services may be in your best interest. Sessions are 50 minutes in duration. Sessions will be scheduled by mutual agreement. If you are unable to keep an appointment, please call at least 24 hours prior to cancel or reschedule. Services will be rendered in a professional and ethical manner consistent with the standards of the American Counseling Association, which can be reviewed at www.counseling.org.

Counseling Fees and Payment

I agree to provide counseling services in return for the following fees, \$100 per 50-minute session (i.e. an hour) for individual, couples and family or at the contracted rate of your insurance provider. I will file with your insurance company. You are responsible for any co-pay; the amount the insurance company does not pay me directly in order to meet my standard rate of \$100.00 per hour. I expect full payment within 30 days of receipt of invoices; regardless of insurance reimbursement. A sliding fee scale is available upon request and is based on household income level (see attachment). Fees are

charged for face to face contact, as well as phone calls. Clients are billed in 15 minute increments. For example: a group session that runs 90 minutes will be \$75.00, a 15-minute phone is \$25.00. Time will be rounded up or down to five minute increments. For example: 16 minutes is billed at 15 minutes, 13 minutes is billed at 15 minutes. The client will be charged \$50.00 for missed appointments unless you cancel with at least 24-hour notice. Cash or personal checks are acceptable methods of payment and I will provide a receipt for all fees paid. All fees are expected at the time of service. A fee of \$35.00 will be charged for bounced checks. Group counseling is \$50.00 an hour per person, or at the contracted rate of your insurance provider. Phone calls to reschedule an appointment are not charged as long as the call is no longer than five minutes.

Use of Diagnosis

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require a diagnosis of a mental-health condition, and indicate that you must have a mental health condition before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis consistent with the DSM (Diagnosis Statistical Manual) is appropriate in your case, I will inform you of the diagnosis before we submit the diagnosis to the health insurance company. Any diagnosis made will become part of your permanent insurance record.

Confidentiality

All of our communication becomes part of the clinical record, which is accessible to you upon request. Our sessions and information you share are kept confidential with the following exceptions. (a) You direct me in writing to disclose information to someone else. (b) It is determined you are a danger of harming yourself or others. For example, but not limited to: suicide threats or acts, homicidal threats, actions or other behaviors that endanger others or yourself. (c) I am a mandate reported for child or elder abuse therefore if I suspect child abuse or elder abuse I will make a report, and (d) I am ordered by a court to disclose information, through a court order, note a subpoena is not a court order.

I am mandated to report child abuse or neglect, as well as elder abuse or neglect; if I suspect abuse I will contact a North Carolina Department of Social Services without your permission. If I assess you are in foreseeable harm to self or other. I will call the appropriate person(s) to ensure your safety or the safety of others without your written permission. An example of this would be to notify the police when others are being threatened.

Complaints

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with 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 (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

North Carolina Board of Licensed Professional 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

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

Counseling Fee, if not as above \$ _____ Per Session

No Fee to be Charged _____ Initials

Client: _____ Date: _____

Clients Parent or Guardian _____ Date: _____

Counselor: _____ Date: _____

Sliding Scale for Counseling payment

Uninsured Cash Payers

Yearly Income \$00,000 to \$10,000 \$30.00 per 50-minute session
\$10,000 to \$20,000 \$45.00 per 50-minute session
\$20,000 to \$30,000 \$65.00 per 50-minute session
\$30,000 and above pay full price as per above