

Elizabeth M. Atkinson, LPC

(336) 669-0146 confidential voice mail
(336) 740-9137 fax



Professional Disclosure Statement

My name is **Elizabeth M. Atkinson**. I am pleased you have selected me as your counselor. This document is designed to inform you about my background and to insure that you understand our professional/therapeutic relationship, your rights as a client, and office policies and procedures. Besides my Private Practice at 1201 Battleground Avenue, I work at Forsyth Behavioral Health in the afternoons and evenings, M-F. I see patients for therapy and I am over the Intensive Outpatient Services for Substance Abuse.

My graduate degree was awarded January 14, 2005 from Gordon-Conwell Theological Seminary in Charlotte, NC with a Masters of Arts degree in Christian Counseling. I am a Licensed Professional Counselor (LPC) in the state of North Carolina. I began seeing individual Clients in August 2004.

I am a member of the PSI CHI (The National Honor Society in Psychology), 'Psychology Today', the American Association of Christian Counselors (AACC), North Carolina Counselors Association (NCCA), and North Carolina Licensed Practicing Counselors (NCLPC). I have served on the board of National Alliance of Mental Illness (NAMI), The Greensboro Pregnancy Care Center Search Committee and on the board of the Greensboro Pregnancy Care Center as the Executive Director for 18 months. I served on the Advisory Board of the Freedom House Ministry, non-profit home for mothers with addictions and Professional Services for the previous five years.

Counseling Services Offered/Theoretical Approaches

There are many theoretical models of psychology and counseling. Some are best utilized for particular situations and needs. Often, the utilization of several approaches is best for the working out of problems especially when operating with multi-cultural groups. I do utilize several schools of psychological theories and methods in my work.

However in the process, I strive to incorporate the foundational beliefs and core conditions of Carl Rogers who founded 'Client-Centered Therapy', which states that people tend to move toward growth and healing on their own, especially if the therapist:

- Listens and tries to understand how things are from the client's point of view.
- Checks in that understanding with the client if unsure.
- Treats the client with utmost respect and regard.
- 'Congruent' – which means being self-aware, self-accepting, and having no cover-ups. The therapist understands who they are, and is willing to be known by others.

Clients I work with are psychologically and mentally 'healthy' and they seek my services to deal with difficulties due to normal life events. I will refer anyone or not take a client, if in my professional opinion; I am not able to help someone in the scope of my techniques or area of my expertise.

Counseling involves your *active* involvement, as well as your efforts to change your thoughts, feelings and behaviors. You will find that there is work in the room with me but the majority of the effort done is outside of the room on your own. This could include homework to write in journals, read an assigned book, view a particular movie, do exercises for relaxation, etc. *There is no 'quick fix' in therapy.* The effort will have to come from you, but I will professionally be there to encourage you along the way.

If we work together, we will need to identify the goals, agree to the methods, and discuss the risks and benefits of treatments, the approximate commitment involved, cost and other aspects of your particular situation. Before going further, I expect us to agree on a plan to which we will both adhere. Periodically we will evaluate our progress and, if necessary, redesign our treatment plan, goals and methods.

www.elizabethmatkinson.com
1201 Battleground Avenue, Suite 104
Greensboro, NC 27408

Elizabeth M. Atkinson, LPC

(336) 669-0146 confidential voice mail

(336) 740-9137 fax



Confidentiality

I regard the information you share with me with the greatest respect, so I want to us to be clear as possible about how it will be handled. Generally, I will tell no one what you tell me. The privacy and confidentiality of our conversation, and my records, is a privilege of yours and is protected by state law and my profession's ethical principles, in all but a few circumstances. There are two circumstances in which I cannot guarantee confidentiality, legally and ethically as follows:

- 1) When I believe you intend to harm yourself or another person; and
- 2) When I believe a child of elder person has been or will be abused or neglected.

In rare circumstances, Professional Counselors can be ordered by a judge to release information. Otherwise, I will not tell anyone anything about your treatment, diagnosis, history, or even that you are a client, without your full knowledge and usually a signed *Release of Information Form*. My statement if someone asks that you may have told that you have seen me professionally will usually be stated as follows: "I will neither confirm nor deny....."

Explanation of Dual Relationship

Although our sessions may be very intimate psychologically, it is very important for you to realize that we have a professional relationship rather than a social one. Our contact will be limited to sessions you will arrange with me. Please do not invite me to social gatherings, offer me gifts, or ask me to relate to you in any other way than in the context of our counseling sessions. You will be best served while I am seeing you for counseling and therapy if your relationship stays strictly professional and if our sessions concentrate exclusively on your concerns. You will learn a great deal about me as we work together during your counseling experience. However, it is important for you to remember that you are experiencing me in a professional role.

Length of Sessions

Sessions are 50 minutes in duration. We will schedule the appointments in mutual agreement.

If you are unable to keep the appointment, please call to cancel or reschedule at least 24 hours during business hours in advance. Remember, I set the time aside for you so you are responsible for contacting me concerning the appointment.

Note: *Cancelled or missed appointments without a 24-hour (business hours) notice will be charged \$25.*

Health Insurance/ Diagnosis

I can provide what Insurance Companies call a **Superbill** for you to submit for reimbursement if I am not on your insurance panel. See Client Information Sheet for more information.

Fees for Individual Clients and Hours of Operation

Check/cash is accepted with a \$25 service charge for NSF checks. I charge **\$95.00/\$125.00 per hour** during regular office hours (*Monday through Friday, 10 am – 7 pm.*). Emergency hours are available outside of normal business hours including phone appointments if you are an established client. If you are unable to reach me and it is an emergency, *please call 911*. Note: Sliding Scale may be discussed as an option for those eligible for Medicaid.

Complaint Procedures

If you are dissatisfied with any aspect of our work, please inform me immediately. This will make our work together more efficient and effective. If you do not feel that you are being treated unfairly or unethically in any way by any counselor or myself and cannot resolve the problem with talking to me, you can contact the North Carolina Board of Licensed Professional Counselors at P.O. Box 1369, Garner, NC 27529-1369, (919) 661-0820, for clarification of client's rights as I have explained them or even to lodge a complaint. If you have any questions, please feel free to ask. Please Sign and Date both copies of this form. A copy of your records will be returned to you. I will retain a copy records in your file.

Client's Signature _____ Date _____

Counselor's Signature _____ Date _____

www.elizabethmatkinson.com
1201 Battleground Avenue, Suite 104
Greensboro, NC 27408