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Licensed Clinical Professional Counselor

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Welcome

What can I expect from my initial visit?

You will meet with me to discuss what concern brings you to therapy. This meeting should help clarify and identify your treatment options. Our initial assessment may take one to three sessions. During this time, I may ask your permission to contact previous providers to obtain past treatment information. This will give us the necessary information to completely understand your concerns and my ability to assist you. This is also an essential time for you to ensure that I am a good fit for your personal needs. Establishing a professional therapeutic relationship with me is a mutual decision based on these factors. If you choose not to receive services, I will provide you with the names of other qualified professionals that made better assist you.

What can I expect from therapy?

The therapeutic process assists in resolving personal difficulties and acquiring skills, attitudes, and knowledge to live a positive and productive life. This occurs through regular contact with me where we discuss the important issues in your life and address your treatment goals.

What are your credentials in clinical background?

I have a masters degree in counseling psychology from Trinity International University. I am a licensed clinical professional counselor in Illinois. I specialize in working with children, adolescents, and adults to help them address relationship issues, anxiety, depression, anger management, among many other concerns.

How much do services cost?

My fee is \$180 for initial intake assessment, and between 120 and 150 dollars for individual therapy and families family therapy session .

How do I use my insurance benefits to cover services ?

Your health insurance plan may help you pay for therapy. If your health insurance will pay part of my fee, I will complete the insurance claims forms. If you need a monthly statement for 10

insurance for tax purposes , I will provide that upon request. However, you are ultimately responsible for payment of services rendered.

What if I need to reschedule or cancel the session?

Any cancellations of appointments must be made at least 24 hours in advance of the scheduled session. If you do not call to cancel and/or fail to show, you will be charged \$75 for that appointment. If you need to reschedule an appointment, please contact me as early as possible and I will make every effort to schedule another time to meet. Yeah what is I need to contact you before what if I need to contact you before my schedule the appointment?

You may leave a message on my confidential voicemail. I make every effort to return phone calls within 24 hours. If you are in an emergency situation, call 911 or proceed to your nearest emergency room for immediate care.

Are my visits confidential?

The information you sure in therapy is confidential and will not be disclosed without your written permission. There are some exceptions to confidentiality including: (1) If you are at imminent risk to harm yourself or another person, the law requires me to try to protect you and/or the other person by informing appropriate individuals to maintain safety; (2) If you disclose information pertaining to child or elder abuse, the law requires me to report this to authorities; (3) If I receive a court order for your clinical record or to testify. If such rare situations occur, I will make every effort to fully discuss it with you before taking action.

I certify by my signature below that I have read, fully understand, and agree to abide by the terms of the outpatient services contract.