

LPCA Professional Disclosure Statement

Kelsey Domann-Scholz, LPCA, NCC

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Hello and welcome!

Please read through the following document in order to better understand the services I provide and what you can expect from our therapeutic relationship. I want to honor the courage that it takes to seek counseling services and thank you for coming in today. I look forward to working together to determine how we can best meet your goals.

My Qualifications:

I hold a Masters of Arts in Professional Mental Health Counseling from the Lewis & Clark Graduate School of Education & Counseling in Portland, Oregon. I have been serving children, adolescents, adults, and families for the past three years. I am a Licensed Professional Counselor Associate in North Carolina (license number A12273) as approved by the North Carolina Board of Licensed Professional Counselors (NCBLPC) in addition to being a National Certified Counselor endorsed by the National Board of Certified Counselors.

Restricted Licensure:

As a Licensed Professional Counselor Associate in North Carolina, I hold a provisional license and receive regular supervision. As I work towards full licensure, I am being supervised by Dr. Candice Mowrey, PhD, LPCS, who may be reached at 919-345-2132.

Counseling Background:

As your counselor, I am here to support you in making meaning, creating comfort, and uncovering resources to help you be your best self. Taking an evidenced-based, client-centered, and existentially-informed approach, I aim to provide a safe and supportive space where we can collaborate and work at your own pace to help you reach your goals. I work with individuals from a variety of backgrounds on issues including depression, anxiety, stress, trauma, relationship challenges, grief and loss, career transitions, and other mental health and life concerns.

I have experience working with children, adolescents, adults, families, and groups, and I have served clients in residential, outpatient, and in-home settings. Prior to moving to North Carolina, I worked as a therapist in a group home for adolescents in foster care and the juvenile justice system as well as in a therapeutic horticulture program at a residential psychiatric facility. I have served clients in the Triangle in outpatient, in-home, and hospital settings. In addition to more traditional counseling techniques, I also utilize art, nature-based, and experiential therapies as a way to help clients work through distress and build resiliency.

It is an honor for me to do this work.

Along with the many benefits of counseling come risks. Since counseling often involves discussing unpleasant or uncomfortable aspects of your life, you may experience feelings such as sadness, guilt, anger, frustration, loneliness, shame, and/or helplessness. Counseling allows you to process your feelings and often leads to better relationships, solutions to specific problems, and relief from feelings of distress. There are no guarantees of what you will experience. In order for you to achieve the most benefit from counseling, you will have to be engaged in your therapy sessions, committed, and do work outside of therapy to meet your personal goals.

Session Fee and Length of Service:

For organizations with which I may be affiliated, cost per session, accepted insurance, and payment methods will be provided prior to the first appointment. Please contact the organization directly if you have any questions about insurance or payment options.

I charge \$85 for a 50-minute individual session. If that rate presents a financial hardship, I do offer a limited number of sliding scale slots for which you may pay \$50-\$80 depending on what best fits your budget.

If we decide to move forward with a sliding scale option, we agree that you will pay \$_____ per session.

Use of Diagnosis:

Many individuals seek mental health counseling to find out what is causing their distress. Sometimes, this can result in a mental health diagnosis, which can help explain what a person is experiencing based on a common set of symptoms. I view diagnosis as a useful tool that can help some people find answers, however I also believe that it can be limiting and not fully capture an individual's situation. If it seems like you may meet criteria for a mental health diagnosis, we will talk about it together and determine the best course of action to provide you with relief and create positive change.

Some health insurance companies will reimburse clients for counseling services and some will not. Those that do reimburse often require a diagnosis of a mental health condition before they will agree to cover services. Some situations for which individuals seek counseling services do not qualify for reimbursement or diagnosis. If a qualifying diagnosis is appropriate in your case, I will inform you before we decide to submit the diagnosis to your health insurance company. Any diagnosis made will become part of your permanent insurance records.

Confidentiality:

I abide by the confidentiality standards set forth by NCBLPC and upheld by the state law. All of our communication becomes part of your clinical record, which you have the right to access upon request. I will keep confidential anything you say as part of our counseling relationship with the following exceptions: 1) you direct me in writing to disclose information to someone else (for example, another provider, clinician, or insurance company), 2) it is determined that you are a danger to yourself or others (including abuse of a child, elder, or other vulnerable population), or 3) I am ordered by a court to disclose information. I think of confidentiality as an ongoing process and I am happy to answer any questions you may have about the privacy of your information at any time. Additionally, it's a small world. If we run into each other outside the office I will maintain confidentiality by not acknowledging you unless you choose to acknowledge me first. If you desire, you are welcome to introduce me to those you are with as you see appropriate.

Complaints:

My goal is to create a nurturing relationship with all clients, and I certainly want to know if you feel as though I am not meeting your needs or expectations. Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the North Carolina Board of Licensed Professional Counselors 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
PO Box 77819
Greensboro, NC 27417
telephone: 844-622-3572; fax 336-217-9450
LPCInfo@ncblpc.org.

Acceptance of Terms:

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

Client: _____ Date: _____

Counselor: _____ Date: _____

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