Educational Background

B.A In Christian counseling June 13, 2013

Counseling Approach and Experience

I approach counseling from a cultural-relational approach with use of cognitive-behavioral and mindfulness-based techniques.

Description of Practice

I am passionate about working with people who are struggling with anxiety, depression, grief, trauma, body image, substance abuse, and other mental health related concerns. I approach counseling with shared responsibility for the counseling process in mind. Once a counseling relationship is established, I expect clients to commit to the process in and outside of the counseling sessions to ensure best treatment outcomes.

Confidentiality

The content of information disclosed within counseling is confidential. This information will be kept strictly confidential with the following legal and ethical restrictions:

-The client has indicated potential harm to self or others

-The client has indicated that a minor or protected class is at risk

-Information from the counseling relationship has been ordered revealed under the threat of being held in contempt of court, in which case I would only reveal information pertinent to the case.

As Chaplain and counselor, I will occasionally consult with my supervisor on case conceptualization to ensure best care for my clients.

Fees

There is NEVR a fee for services – Unless you do not show for a session, or do not cancel within 24 hours of your session. A $20.00 donation will be requested, all donations go to a benevolent fund to help people in need in the community.

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Client signature Date