

Professional Disclosure Statement

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Introduction

It is my duty to provide you with my professional qualifications, experience, and services offered length of sessions and payment schedule and the reciprocal expectations of our professional relationship. The information presented here is to help you decide whether my services are going to be beneficial to your needs as my client.

Education, Certifications & Licensure

Graduate of the University of North Carolina at Pembroke with a Masters of Arts in Education. Degree, Clinical Mental Health Counseling. Graduation date August 3, 2011. Graduated with highest honors. Member of Chi Sigma Iota. Current member of the American Counseling Association.

Bachelor of Science degree in Psychology from the University of North Carolina at Pembroke in August 2008. Graduated with honors. Member of Psi Chi, Alpha Sigma Lambda.

Associate in Arts degree psychology major from Sandhills Community College North Carolina in December 2006. Graduated Summa Cum Laude. Member of Phi Theta Kappa.

I am licensed in the state of North Carolina as a Licensed Clinical Mental Health Counselor. License number 9191. I am also licensed in the state of Florida as a licensed Clinical Mental Health Counselor. License number MH25882.

I have passed the National Counselors Examination taken on October 16, 2010.

Counseling Experience

I have been practicing for 8 years. I have been in solo private practice for 14 years. I have obtained counseling experience in Individual, Group, Family and Marriage Counseling throughout the course of my graduate program. I have completed my Practicum, Internship I and Internship II, which includes 1 year of supervised counseling experience from Daymark recovery Services in Pinehurst, NC. I have an additional 3 years of professional experience working with mental health agencies. My experience includes substance abuse, individual therapy, family therapy and group therapy sessions. Approaches used are evidenced based and include; Cognitive Behavior Therapy, Holistic Recovery Model, Emotional Intelligence Model, Person Centered Model, Existential Therapy and Reality Reinforcement Therapy.

Clientele Served

Clients served are adolescents and adults who are in need of individual, couples, family or group counseling to help them cope and deal with daily issues and concerns, seeking personal growth and or those who suffer with mental illness. I also offer counsel and coaching for those who are not experiencing a mental health issue but would like some guidance.

Services Offered, Theoretical Orientation and Techniques

I offer adult & adolescent individual, family and group counseling sessions. When dealing with my clients I use a theoretically eclectic & empathetic approach. My techniques consist of using the Person-Centered Approach, Reality Reinforcement, Cognitive Behavioral Therapy and Existential Therapy depending on the need of each individual client. I select the theoretical approach or combination of approaches and techniques used based on empirical research & theories that are proven to be the most effective for each client's unique & specific needs. I strive to identify with the client and develop a close therapeutic relationship to foster a trusting and a safe environment in which the client can feel at ease. During this process, I may ask the client many open-ended questions in order to discover what concerns have caused them to seek counseling. I may point out that there are many ways to view a situation by re-framing. I will provide psycho-education to my clients so they have a complete awareness of the therapeutic process at all times. I also provide counsel and teach skills that are useful in dealing with difficult situations and or relationships in a non-therapeutic way for those who do not require therapy. I make a conscious effort to bring some type of resolution to all problems that my clients present me with; if I feel that I am unable, I am more than willing to refer them elsewhere. Ultimately, it is up to the client what he or she wants to get out of the counseling relationship and whether they are willing or not willing to change their current predicament.

Marriage - Family Counseling Confidentiality

All sessions are confidential and notes of sessions will not be available for use against each other if marriage leads to separation and or divorce. I will respect and protect the confidentiality rights of all parties involved in counseling sessions. In signing this document, you fully understand and agree that sessions will be kept confidential and will not be allowed to be used in a court against each other in the event of divorce.

Length of Sessions, Fees, and Methods of Payment

The length of sessions is typically 50 minutes for individual therapy. Your first visit will be an initial assessment and information gathering session. The second session we will develop a treatment plan and establish what specific goals you have. After your initial assessment and treatment plan have been completed then psychotherapy sessions will begin. If therapy is not indicated, then counsel for life issues will begin. The number of psychotherapy and or counsel sessions required will vary depending on your specific needs and progress. I usually schedule appointments weekly or biweekly to start at a time we have agreed upon. If you are unable to physically keep your scheduled appointment and would like to spend the same scheduled appointment time meeting by telephone that can be arranged.

My hourly fee is \$ 125.00. There will be an additional fee of \$25.00 for every 15-minute increment spent beyond the scheduled 50 minutes. My hourly fee is the same for other professional services that may be required or requested of me including; report writing, telephone conversations lasting longer than 10 minutes, requested attendance at any meetings with other professionals that you have authorized.

Individual counseling is \$125.00 per 50-minute session.

Couples counseling is \$150.00 per 50-minute session.

Diagnostic Assessments are \$150.00.

A Brief 30 Minute Consultation is \$75.00.

* Although you see me for 50- or 30-minute sessions, I am spending additional time on your case prior to your appointment and after your appointment by preparing for your therapy session, treatment

planning, research, and the required documentation.

Method of payment is cash, check, Venmo or Zelle.

In an attempt to keep operating costs down and my fees within the average range, I do not do any insurance filing or billing from my office. With the exception of Tricare. I do not work with Medicare or Medicaid. I will provide you with a receipt so that you can file a claim personally with your own insurance company for reimbursement of some or the entire fee depending on your individual coverage plan and deductible.

Contacting me in an Emergency

I am often not immediately available by phone. I do not answer the phone when I am in a session with a client. When I am unavailable my phone is answered by voice mail that I monitor regularly. I make every effort to return calls within 24 hours of receiving them with the exception of weekends and holidays. In case of an emergency do not attempt to contact me by phone as I may not be available. In an emergency situation please call 911 or go directly to the nearest hospital emergency room. If I am unavailable for an extended period of time, such as a vacation, I will provide you with the name of a colleague to contact for non-emergencies in my absence if you so desire.

Treatment and Diagnosis

As an LCMHC I am able to treat and diagnose clients. I am able to meet with the client(s) to assess their problems and decide collaboratively with the client if we can work together to reach a solution. If this is not possible or if the client(s) are experiencing dilemmas outside of my realm of experience, I will refer them to the proper professionals and or agencies. Some health insurance companies will reimburse clients for counseling and some will not. In addition, most require that a diagnosis of a mental health condition be made and indicate that you have an “illness” before they will agree to reimburse you. Some conditions for which clients seek counseling do not qualify for reimbursement. If a qualifying diagnosis 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 a part of your permanent insurance records.

Confidentiality & Client’s Bill of Rights

Clients can expect that I have met the minimal qualifications of training and experience as set by state law.

Clients can examine public records maintained by the North Carolina Board of Professional Counselors and have the North Carolina Board of Professional Counselors confirm my credentials.

Clients can obtain a copy of the code of ethics.

Clients can report complaints to the North Carolina Board of Professional Counselors.

Clients will be informed of the cost of professional services before receiving the services.

Clients can expect to be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

Clients can be assured of privacy and confidentiality while receiving services as defined by rule and law. The following exceptions are:

- 1) Reporting suspected child or elder abuse
- 2) Reporting imminent danger to client or others
- 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies

- 4) Providing information concerning licensee case consultation or supervision
- 5) Defending claims brought by client against licensee
- 6) Any use of a diagnosis for billing purposes will become a permanent part of the client's records.

Procedure for Registering 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 that I am in violation of any of the ACA code of ethics. (<http://www.counseling.org/knowledge-center/ethics>)

To file a complaint with the North Carolina Board of Licensed Professional Counselors, you may send your complaint to the following address:

North Carolina Board of Professional Counselors

P.O. Box 77819 Greensboro, NC 27417

Telephone: [844-622-3572](tel:844-622-3572) or [336-217-6007](tel:336-217-6007) | Fax: [336-217-9450](tel:336-217-9450)

Email: LPCinfo@ncblpc.org

Please sign below indicating that you have read, fully understand, and will conform to all the information presented in the Professional Disclosure document and that you have been given your own copy.

Client Signature

Date

Counselors Signature

Date