

Professional Disclosure Document

Donna P. Dunlap, MSCP, LPC

Licenses and Certifications: Licensed Professional Counselor #11197

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Phone: 336-793-7005

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Web Address: www.NewLifeWinston.com

Qualifications: I earned a Master of Science in Counseling Psychology Degree from Alaska Pacific University in 1994 in Anchorage, Alaska. I am currently a Licensed Professional Counselor in North Carolina.

Counseling Background: I have worked as a professional therapist for 5+ years with children, adolescents, adults, and families, providing individual counseling, group counseling and couples & family counseling services. I work with a variety of emotional and behavioral issues providing services that include; cognitive behavioral therapy, traditional talk therapy, behavior modification, prolonged exposure and response prevention, habit reversal training, trauma work, improving communication skills and relationship building. I encourage goal setting, taking personal responsibility and working hard to achieve ones goals. I encourage clients to reflect on their ways of relating to the world, gaining insight into how their thoughts, attitudes, emotions and behavior affects themselves and others and developing successful relationships with others at home, work, at play and at school.

In individual sessions I utilize therapeutic techniques that include cognitive behavioral therapy, solution-focused brief-therapy interventions, thought-stopping, positive self-talk, successful coping skills, anger management control, assertiveness training, revivification--a technique developed by Masters & Johnson for trauma survivors, systematic desensitization, and communications skills building techniques. In group counseling the members will engage in a thorough look at the process of interpersonal interactions, utilizing techniques originating with Yalom as well as goal oriented techniques derived from the principles of cognitive behavioral therapy. In family and couples counseling, I utilize a multi-cultural/multi-systems approach, utilizing solution-focused brief therapy principles, cognitive behavioral therapy, and acceptance strategies. In addition to traditional face-to-face counseling, I also offer personal and business coaching and consulting services

Counseling Services: I provide counseling services to individuals including children and adolescents ages 5 to 17, and adults of all ages. A standard counseling session is 53 minutes in length (extended time for sessions can be arranged). Group therapy sessions are 1 -2 ½ hours depending on the group size and meeting location. The scheduling needs and frequency of sessions will be determined on a case-by-case basis. Counseling services are provided at my office located on Healy Dr. Counseling services are offered to anyone without regard to age, color, disability, ethnic group, gender, race, and/or religion.

Fees and Payments: A brief (10-15 min) screening is offered at no-charge and may be conducted in-person or by telephone as time allows.

In-office, individual/couples/family session rates are: 41-53 minute sessions/\$120, 54-75 minute extended session/\$150. Additional times are calculated in 10 minute increments at the rate of \$20. Group fees are based on the number and type of sessions for group therapy (\$50 in-office).

There is no charge for brief telephone calls with clients. Calls exceeding 5 minutes are charged at the rate of \$20 per 10 minute time unit. Health insurance won't cover the cost of

Telephone Consults. Insurance companies also WILL NOT pay for couples' therapy nor for extended sessions (except in cases of emergency). Sessions lasting longer than 53 minutes are the client's responsibility. Clients who wish to request a brief, (40 minute or less) session or an extended session (54 minutes or longer) must do so by phone, all other sessions are assumed to be 53 minutes and may be scheduled on the client portal.

Payment is due at the time of service for in-office sessions. Payment can be made by cash, check or by credit card. There is no sliding fee schedule at this time, nor do we accept Medicaid. We will gladly bill the insurance company for those clients who have insurance coverage. This is done as a courtesy to you and doesn't guarantee that your insurance will cover all or a part of your therapy. You are responsible for any unpaid balances. Any unpaid balance after 30 days may be reported to the credit reporting agencies and/or forwarded to collections, and may accrue additional fees from repeated billing, postage, our collections efforts, the collections company and a \$50 late fee applied monthly. Any unpaid balances at the end of the year may be reported to the Internal Revenue Service as "bad debt". These situations are highly problematic to the therapeutic relationship and can easily be averted by paying your bill in a timely manner.

Use of Diagnosis: Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most insurance companies will require a diagnosis of a mental-health condition and indicate that you must have an "illness" before they will agree to reimburse you. Some conditions for which people 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 part of your permanent insurance records

Social Media: Although I may participate in a number of social media activities, I maintain clear boundaries between my personal and professional life. Please don't be offended, but I do not accept requests for connection through social media sites from my clients, former clients or their family members.

Electronic Communication: During the initial gathering of data, I will ask you for an e-mail address and ask permission to send you information regarding appointments and other business matters via e-mail. You have the right to deny me this information. Confidentiality of information shared through e-mail cannot be guaranteed. If you give me permission to contact you through e-mail, you accept responsibility for any breach of confidentiality. As a general rule, I do not do therapy via e-mail, on-line chat, text, or phone. I do not routinely use Skype or other video methods for therapy sessions; however, in special circumstances a meeting via a HIPAA compliant video method may be conducted.

Cancellations and Missed Appointments: You have the responsibility to be on time for your appointments. If you are unable to keep your office appointment, you must provide 24-hour notice or you will be billed for the missed session except in case of an emergency, and unless my agreement with your insurance company disallows it. If you miss more than 2 appointments, I reserve the right to place you on a walk-in only basis. That means that a specific appointment time will not be made for you, but you will be seen based on my availability on a first-come, first-served basis.

Confidentiality: Discussions between you and me, and even the fact that you are in counseling with me, are confidential. All of the employees/business associates in my agency are responsible for

maintaining secrecy and confidentiality of all client records. In addition, if I see you in public, I will protect your confidentiality by greeting you only if you greet me first. All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions. These exceptions include, but are not limited to, the following situations:

1. If I determine that you may be a danger to yourself or others.
2. If you provide information that leads me to believe that a child (under 18 years of age), elderly person (65 or older), or a disabled adult is or has been abused or neglected.
3. A court order has been issued to release information about you and your clinical record.
4. If you request in writing that I may release information about you.

Client Rights: I render counseling services in a professional manner consistent with accepted ethical standards. If at any time for any reason you are dissatisfied with my services, please let me know. As a client, you are in complete control and may end our counseling relationship at any time, though I do ask that you participate in a termination session. You also have the right to refuse or discuss modification of any of my counseling techniques or suggestions that you believe may not be beneficial or may be harmful.

Contact Information: The best way to contact me is through my cell phone 336-793-7005 or the contact page on my website at: NewLifeWinston.com, or email me directly at Donna@NewLifeWinston.com. If you contact me by phone, you can leave a confidential message for me through my voicemail. I check my voicemail throughout the business day between appointments as time allows but always at the end of the business day (weekends and holidays are excluded). In a crisis, if you are unable to reach me, you can call 911, the Winston Salem 24-hour mental health center at 1-888-581-9988, the National Hopeline Network at 1-800-784-2433, (1-800-SUICIDE) or go to your local emergency room. The physical address of my practice is 3410 Healy Dr, Suite 207, Winston Salem, NC 27103

Complaints: I abide by the ACA code of ethics (<http://www.counseling.org/Resources/CodeOfEthics/TP/Home/CT2.aspx>). Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel I am in violation of any of these codes of ethics.

North Carolina Board of Licensed Professional Counselors

PO Box 77819
Greensboro, NC 27417
Phone: 844-622-3572
Fax: 336-217-9450
E-mail: LPCinfo@ncblpc.org

I have read and received a copy of this professional statement for my records:

Client
Signature: _____ Date: _____

Parent Signature (clients under
18): _____ Date: _____

Therapist
signature: _____ Date: _____