

Jonathan Railey, MA, MFA, LMHC Disclosure Statement

Welcome to my practice. This document contains important information about my professional services and business policies. Please read it carefully and make a note of any questions you might have so that we can discuss them at our next meeting. When you sign this document, it will represent an agreement between us.

MINDFULNESS – BASED PSYCHOLOGICAL SERVICES

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and client, and the particular problems you bring forward. There are many different methods I may use to deal with the problems that you hope to address. Psychotherapy is not like a medical doctor visit. Instead, it calls for a very active effort on your part. In order for the therapy to be most successful, you will need to apply the insights you gain during our sessions. Therapy, therefore, can be best described as a partnership that leads you to wellness.

The main tool that I employ much of the time in my approach as a counselor is the development of your ability to be mindful. Mindfulness is your capacity to be aware of yourself without judgment and with curiosity. You can be mindful of many different aspects of yourself: from the kinds of thoughts you may be having to the felt sense of a particular emotion you may be experiencing in your body. Mindfulness provides you with a way to finding and owning the truth of your own life.

I also utilize my training in contemplative psychology to work with the mind/body connection. This approach to psychotherapy can help you deal with your concerns not only through talking, but also by helping you become deeply aware of your bodily sensations as well as your emotions, images and outward behavior. You may become more conscious of how you breathe, move, speak, and where you experience feelings in your body.

All experiences, as well as distortions and denials of reality and other defensive maneuvers, are reflected not only in your thoughts and feelings but also in the way you move, how you breathe and how the structure of your body has evolved over the years. To say that a person has his or her "feet on the ground," "leads with the chin," "has a stiff upper lip," or "their head in the clouds," are not mere figures of speech, but literal observations of the way our bodies express ourselves. How a person says something may be as important as what he or she says. Underlying this approach is the assumption that we are embodied beings and that there is a unity between the psychological and bodily aspects of being.

One of my central theories that I rely on in my work with individuals and couples is attachment theory. Attachment theory rests upon the premise that formative attachment figures in our early life will have lasting effects on our present-day relationships. What this means for counseling is that you have the capacity to heal deficits of attachment sustained in the past through your current life relationships, which includes your therapeutic relationship with your counselor.

In terms of couples counseling, many of the issues couples often face are tied to old attachment wounds. Often each partner is unconsciously working through those old injuries with their current partner. On the surface, this may look like anger/rage and shame/criticism. However, on a deeper level there may be hurt, fear/anxiety, loss, or sadness. When couples are able to honestly witness those deeper emotions in the other, then those more surface symptoms often cease. In working with couples, I also try to teach them skills that they can practice on their own.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have significant and lasting benefits

for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. There are no guarantees of what you will experience.

I have worked in the field of counseling for over twelve years and currently provide services to individuals, couples, families, and groups. While I mentioned many of my approaches above I may also use the following techniques in our work together: dream analysis, bibliotherapy, structural family therapy, hypnotherapy, sandtray, art, homework, meditation, play therapy, poetry therapy and psychoeducation.

Our first session will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some first impressions of what our work will include and a treatment plan to follow, if you decide to continue with therapy. You should evaluate this information along with your own opinions of whether you feel comfortable working with me. Therapy involves a large commitment of time, money, and energy, so you should be very careful about the therapist you select. If you have questions about my procedures, we should discuss them whenever they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion.

I earned a Master's degree in Contemplative Counseling Psychology from Naropa University in 2005. I am currently a Licensed Mental Health Counselor (#001443) in the state of Iowa. I am currently pursuing LPC licensure in North Carolina.

MEETINGS

I normally conduct an initial evaluation session. During this time, we can both decide if I am the best person to provide the services you need in order to meet your treatment goals. If psychotherapy is begun, I will usually schedule one 50-minute session (one appointment hour of 50 minutes duration) per week at a time we agree on, although some sessions may be longer or more frequent. Once an appointment hour is scheduled, you will be expected to pay for it unless you provide 24 hours advance notice of cancellation. If it is possible, I will try to find another time to reschedule the appointment.

I also believe individuals need to understand the thoughts underlying behavior in order to change maladaptive patterns in their lives. The ultimate goals of self-awareness, self-acceptance, and self-actualization are goals that sometimes take a long time to achieve. Some clients need only a few counseling sessions to achieve their goals, while others may require months or even years of counseling. As a client, you are in complete control and may end the counseling relationship at any point. I will be supportive of that decision. If our work is successful, there will come a time in the future that you will feel comfortable without my support or intervention.

LENGTH OF SESSIONS

I assure you that my services will be rendered in a professional manner consistent with accepted ethical standards. Sessions are 45-50 minutes in duration. We will schedule our sessions for our mutual agreement. If you are unable to keep an appointment, please call the office to cancel or reschedule at least 24 hours in advance. If I do not receive such advance notice, you may be responsible for paying for the session that you missed. Please understand that missed appointments cannot be billed to insurance. Please note that it is impossible to guarantee any specific results regarding your counseling goals. However, together we will work to achieve the best possible results for you.

FEES/METHODS OF PAYMENT

In return for a fee of \$100 per counseling session, I agree to provide counseling services for you. Cash or personal checks are acceptable for payment at the time services are rendered. I can accept some insurance

plans.

You will be expected to pay for each session at the time it is held, unless we agree otherwise or unless you have insurance coverage, which requires another arrangement. Payment schedules for other professional services will be agreed to when they are requested.

INSURANCE REIMBURSEMENT

In order for us to set realistic treatment goals and priorities, it is important to evaluate what resources you have available to pay for your treatment. If you have a health insurance policy, it will usually provide some coverage for mental health treatment. I will fill out forms and provide you with whatever assistance I can in helping you receive the benefits to which you are entitled; however, you (not your insurance company) are responsible for full payment of my fees. It is very important that you find out exactly what mental health services your insurance policy covers.

You should carefully read the section in your insurance coverage booklet that describes mental health services. If you have questions about the coverage, call your plan administrator. Of course I will provide you with whatever information I can based on my experience and will be happy to help you in understanding the information you receive from your insurance company. If it is necessary to clear confusion, I will be willing to call the company on your behalf.

Due to the rising costs of health care, insurance benefits have increasingly become more complex. It is sometimes difficult to determine exactly how much mental health coverage is available. "Managed Health Care" plans such as HMOs and PPOs often require authorization before they provide reimbursement for mental health services. These plans are often limited to short-term treatment approaches designed to work out specific problems that interfere with a person's usual level of functioning. It may be necessary to seek approval for more therapy after a certain number of sessions. While a lot can be accomplished in short-term therapy, some clients feel that they need more services after insurance benefits end.

You should also be aware that most insurance companies require you to authorize me to provide them with a clinical diagnosis. Sometimes I have to provide additional clinical information such as treatment plans or summaries, or copies of the entire record (in rare cases). This information will become part of the insurance company files and will probably be stored in a computer. Though all insurance companies claim to keep such information confidential, I have no control over what they do with it once it is in their hands. In some cases, they may share the information with a national medical information databank. I will provide you with a copy of any report I submit, if you request it.

Once we have all of the information about your insurance coverage, we will discuss what we can expect to accomplish with the benefits that are available and what will happen if they run out before you feel ready to end our sessions. It is important to remember that you always have the right to pay for my services yourself to avoid the problems described above.

DUAL RELATIONSHIPS

Although sessions may be very intimate emotionally and psychologically, it is important for you to realize that we have a professional relationship rather than a personal one. Our contact will be limited to the paid sessions you have with me. You will be best served if our relationship remains strictly professional and if our sessions concentrate exclusively on your concerns.

CONTACTING ME

You can phone me at (828) 409-9765, however, I am often not immediately available by telephone. While I am usually in my office between 9 AM and 5 PM, I probably will not answer the phone when I am with a client. When I am unavailable, my telephone is answered by voicemail. I will make every effort to return your call on the same day you make it, with the exception of weekends and holidays. If you are difficult to reach, please inform me of some times when you will be available. If you are unable to reach me and feel that you can't wait for me to return your call, contact your family physician or the nearest emergency room and ask for the psychologist on call. If I will be unavailable for an extended time, I will provide you with the name of a colleague to contact, if necessary.

PROFESSIONAL RECORDS

The laws and standards of my profession require that I keep treatment records. You are entitled to receive a copy of your records, or I can prepare a summary for you instead. Because these are professional records, they can be misinterpreted and/or upsetting to untrained readers. If you wish to see your records, I recommend that you review them in my presence so that we can discuss the contents.

MINORS

If you are under eighteen years of age, please be aware that the law may provide your parents the right to examine your treatment records. It is my policy to request an agreement from parents that they agree to give up access to your records. If they agree, I will provide them only with general information about our work together, unless I feel there is a high risk that you will seriously harm yourself or someone else. In this case, I will notify them of my concern. I will also provide them with a summary of your treatment when it is complete. Before giving them any information, I will discuss the matter with you, if possible, and do my best to handle any objections you may have with what I am prepared to discuss.

CONFIDENTIALITY

In general, the privacy of all communications between a client and a psychologist is protected by law, and I can only release information about our work to others with your written permission. But there are a few exceptions. In most legal proceedings, you have the right to prevent me from providing any information about your treatment. In some proceedings involving child custody and those in which your emotional condition is an important issue, a judge may order my testimony if he/she determines that the issues demand it.

There are some situations in which I am legally obligated to take action to protect others from harm, even if I have to reveal some information about a client's treatment. For example, if I believe that a child or elderly person is being abused, I must file a report with the appropriate state agency. If I believe that a client is threatening serious bodily harm to another, I am required to take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking hospitalization for the client. If the client threatens to harm himself/herself, I may be obligated to seek hospitalization for him/her or to contact family members or others who can help provide protection. These situations have rarely occurred in my practice. If a similar situation occurs, I will make every effort to fully discuss it with you before taking any action.

I may occasionally find it helpful to consult other professionals about a case. During a consultation, I make every effort to avoid revealing the identity of my client. The consultant is also legally bound to keep the information confidential. If you don't object, I will not tell you about these consultations unless I feel that it is important to our work together.

While this written summary of exceptions to confidentiality should prove helpful in informing you about potential problems, it is important that we discuss any questions or concerns that you may have at our next

meeting. I will be happy to discuss these issues with you if you need specific advice, but formal legal advice may be needed because the laws governing confidentiality are quite complex, and I am not an attorney.

PHONE CALLS AND EMAILS

There is no charge for brief phone calls, messages left on voice mail, and/or electronic communications regarding scheduling. Calls lasting longer than 10 minutes will be charged on a pro-rated basis. Charges for reports will be pro-rated based on the \$80 per hour rate.

I ask that process-oriented communication take place via phone only and not email. Please use email communication for scheduling needs only.

COMPLAINT PROCEDURES

I abide by the NBCC, ACA, and NCBLPC Code of Ethics. If you are dissatisfied with any aspect of our work, please inform me immediately. This will make our work together more efficient and effective. If you think that you have been treated unfairly or unethically, by me or any other counselor, and cannot resolve this problem with me, you can contact the North Carolina Board of Licensed Professional Counselors at P.O. Box 1369, Garner, NC 27529, (919) 661-0820 Fax: 919.779.5642 E-mail: nblpc@mgmt4u.com for clarification of clients' rights as I've explained them or even to lodge a complaint. Should you have any questions, please feel free to ask. Please sign and date both copies of this form. A copy for your records will be returned to you and I will retain a copy in my confidential records.

CONSENT FOR TREATMENT

I voluntarily give my consent for evaluation and counseling services to be provided by Jonathan Railey, MA, MFA, LPC. I understand that I may withdraw myself (or the client) at any time from treatment and refuse any treatment offered.

Client's signature _____ Date _____

If under 18, Parent's signature _____ Date _____

Counselor's signature _____ Date _____