

LCMHC Professional Disclosure Statement

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Counseling Services and Approach to Treatment

I commend you for your decision to take a step toward healing and self-discovery. Entering counseling requires courage and I consider it a privilege to walk alongside you in this process. I am a Licensed Clinical Mental Health Counselor (LCMHC, #12789) in the state of North Carolina. I completed an M.A. in Christian Counseling from Gordon-Conwell Theological Seminary in January 2017 and received a Bachelor's degree in Psychology from James Madison University in 2000. I have four years of clinical counseling experience. I adhere to an integrative approach, which includes: emotionally-focused (EFT) and person-centered therapies. Currently, I am pursuing additional training to become a Certified Emotionally Focused Therapist (EFT). I completed an Externship for EFT at the Washington/Baltimore Center for EFT in September 2017 and completed Core Skills Training in April 2020, at the Carolina Center for EFT, led by Lorrie Brubacher (Certified EFT Trainer). For more information on Emotionally Focused Therapy please visit www.iceeft.com.

I believe in a holistic and humanistic approach to counseling that honors the complexity of individuals who are physical, psychological, social, and spiritual beings. I respect your spiritual orientation; therefore whether we discuss this dimension of life, will be entirely up to you. I have experience working with adolescents, minority clients, adult individuals, couples, and families. Clients with whom I work with seek counseling for difficulties that include, but are not limited to, depression, anxiety, broken relationships (infidelity/martial conflict), past trauma, sexual harm/betrayal, and difficulties regulating emotions. I do not work with people whom, in my professional opinion, I cannot help using the resources and skills I have available, and will in such cases offer a referral to another therapist who is more competent in that area, while I seek further training to become more proficient with that particular clinical issue.

EFT & Couples Counseling —Creating Secure Connections with Those who Matter Most

Emotionally Focused Therapy (EFT) is a structured approach to therapy that was born out of attachment and bonding science. This research shaped the model of EFT and informs the EFT therapist as he/she serves as a process consultant for clients, seeking to repair their relationships and form stronger bonds with one another. EFT can be used to treat couples, individuals, and families. EFT is an evidence-based practice that consistently yields effective results for all kinds of couples worldwide, regardless of the presenting issues. These distressed couples being helped by EFT include partners impacted by attachment injuries, depression, anxiety, past trauma (PTSD), and chronic illness.

Research shows that 70-75% of couples move from distress to recovery and approximately 90% show significant improvements, after having received EFT. In some cases, such as ongoing abuse in the relationship, EFT may not be appropriate as safety is a necessary component for effective EFT.

In therapy, my goal is to help you restructure the bond with your partner so that you can enjoy a more secure connection with one another. EFT is a structured approach that seeks to help you and your partner 1. de-escalate and 2. restructure your bond, leading to a more secure connection and greater intimacy. It is essential that you both come to couples' sessions, to achieve this goal. Should one of you not be able to keep an appointment, the couple session will need to be rescheduled. In EFT, your relationship is the main client and my highest priority will be to focus on strengthening the bond between the two of you. If individual issues arise which must be handled first, such as chemical dependency, emotional or physical abuse, or an on-going affair, I may recommend delaying couple sessions until these issues are resolved. Confidentiality policies also change in couples counseling; please know, I cannot keep secrets as this hampers my ability to form trust with both of you and help you form a more secure connection. If you ask me to hold a secret, I will remind you of this and help you talk to your partner in a sensitive manner.

Sometimes relationships are not repaired, despite participating in couples counseling. In cases such as this, I will not pressure you into any decision, but rather support you both and help you transition. Only you and your partner can make the decision to separate or divorce. If one or both partners want individual counseling after making this decision, I will help you and your partner find another therapist.

Structure: EFT work with couples typically requires 15-35 sessions to progress through the three stages of EFT. If past trauma or attachment injuries are present, the process could take longer. Typically, our first session will be together (both partners), followed by an individual session with each of you. Subsequent sessions will be together. Weekly sessions are recommended.

If you're interested in learning more about EFT, I recommend the book *HOLD ME TIGHT* by Dr. Sue Johnson, the founder of EFT.

EFT & Individual Counseling

EFT is also an effective model for working with individuals. In Emotionally Focused Therapy for Individuals (EFIT), the therapist supports the client while accessing and reprocessing emotions and restructuring interactions, within the individual. Two key elements are needed to transpose the validated Emotionally Focused Couples Therapy model into an Individual EFT model. These are: (a) identifying conflicted parts within an individual and (b) directing enactments between these parts to facilitate inner congruency.

From the beginning of the therapeutic process, the therapist will attune deeply to the attachment themes within your story of distress, such as: abandonment, loss, rejection, lack of safety and secure connection. While supporting and validating, the therapist will gently help you identify the conflicted internal parts functioning in opposition to one another in these themes. Together, we will track the patterns of interaction that block opposing parts from being accessible and responsive to one another. Tracking patterns will help access the primary emotions of each part. Often this inner battle is the best attempt at survival and has become a way of keeping the self, feeling safe. By choreographing enactments between opposing parts, the therapist will facilitate integration or bonding moments between internal parts, restructuring models of self and other. This creates a safer haven and more secure base in your internal and interpersonal world.

Explanation of Dual Relationships

Although sessions are psychologically intimate, the therapeutic relationship is professional, not social. It is critical that the professional relationship be based on respect, safety and trust. Therefore, it is in your best interest that contact with me be limited to counseling sessions or telephone conversations necessary to your therapy. It is not appropriate to extend social invitations or gifts to me or ask me to relate to you in any other way outside the professional context of our therapy. These limits are designed with your welfare in mind and allow for all efforts to be directed toward your therapeutic concerns only. In addition, because we often live in the same community, if I see you in a public setting, I will not acknowledge you unless you first acknowledge me. I think it is best that any public discussion be kept to polite interactions. Please understand this policy is an extension of my respect for you and my desire to protect your confidentiality and preserve the integrity of our therapeutic relationship.

Social Media Policy

I do not accept friend or contact requests from current or former clients on any social media platform, as I believe it could compromise confidentiality and privacy, which would have a negative impact on our therapeutic relationship. I do not text clients and prefer to use email, on a limited basis, as it is not a completely secure or confidential means of communication. You should know that any emails I receive from you and any response I send become a part of your medical record.

Session Fees, Terms, and Length of Service

Services will be provided in a professional manner consistent with accepted ethical standards. Sessions are a minimum of 38 minutes and can extend as far as 55 minutes in duration and will be scheduled at mutually agreed upon times. If you must cancel your appointment, please do so promptly so that your appointment time may be given to someone else. There is no charge for cancellations at least twenty-four (24) hours in advance. For a cancellation made within 24 hours of the appointment, you may be charged. FOR A MISSED APPOINTMENT THAT IS NOT CANCELED, A FULL CHARGE IS MADE. Insurance companies do not reimburse for missed appointments. If no one is available at 336-272-8090 to take your call please leave a message on our 24 hour voice mail. A recurring problem with "no shows" and/or nonpayment for services may result in termination of services.

Fees and Insurance Filing

The billable fee for an initial diagnostic interview is **\$225.00**. Standard fee for each subsequent session is **\$150.00 per 38-52 minute session and \$175.00 for sessions that extend past the 52 minutes**. If you have any questions about billing or insurance, please contact the office. Cash, personal checks, and credit/debit cards are acceptable forms of payment. As a courtesy, Triad Counseling and Clinical Services, LLC will file insurance claims on your behalf. If you have a deductible it is our policy to collect the entire fee for the session and any subsequent sessions until your deductible has been met. However, once the deductible is met you are only responsible for your portion of the fee thereafter. If your insurance benefits state that you are responsible for a set co-pay or co-insurance, you will only be required to pay that amount on the date services are rendered. Should your insurance program have special arrangements, please discuss this with our Insurance Coordinator. Please remember that my professional services are rendered to you, not the insurance company. In accepting my services you also accept the responsibility of paying for these services should your insurance company pay only a part of the fee or deny the claim altogether. A minimum of 50% co-pay is expected at the time of service if the co-payment is not known. When insurance is utilized for therapy services, clients should be aware of the limits of confidentiality and the fact that filing for insurance necessarily requires a diagnostic statement to be placed in your insurance records. The forms must be signed by you in order to authorize the release of confidential information. If you wish to be informed of the diagnosis before it is submitted to your health insurance company, please make your counselor aware of this, and she will discuss the diagnosis fully with you. Typically, insurance companies require the following information: diagnosis, dates of service, the kind of service you received (i.e. individual, group, family, etc.), and the name of the client. Some managed care companies require additional information. Thus, you may not have the extent of confidentiality that you might otherwise expect. Signing this agreement authorizes the release of information to your insurance company.

Self-Pay fees for professional services are due at the time of each session. You will be mailed a monthly statement as a receipt unless you request otherwise. If I am summoned to court on your behalf, you are responsible for paying my hourly fee for any time spent in transcribing records, time in court, including, but not limited to, travel time, meals, and any wait time prior to or in lieu of actual court appearance. Please be aware that Insurance will not pay for court appearances.

Use of Diagnosis

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most 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. Should this fit your situation, I will discuss this openly with you in our diagnostic session. 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.

Therapist Cancellations/Vacations/Client Emergencies

I will try to make every effort to inform you of the necessity to cancel an appointment as quickly as possible. Inclement weather, illness, or other emergency situations may necessitate rescheduling and every effort will be made to notify you as soon as possible. I will inform you at least 1 week in advance of scheduled vacations. When I am out of town or otherwise unavailable, you may leave a message at 336-272-8090 (office). If you have a severe crisis and are unable to contact me, please call the Guilford Center for Behavioral Health and Disability Services at 800-853-5163 (during business hours), 336-641-4993 (after hours), High Point Behavioral Health (1-800-525-9375), Moses Cone Behavioral Health (1-800-525-9375) or the Guilford County Emergency number (911). If you are outside of Guilford County, please call the emergency number for the county where you are.

Overdue Accounts

All accounts become overdue after thirty (30) days if no payment or arrangements have been made. Mrs. Deussing will make every effort to cooperate with any individual who has special financial concerns. Please discuss this matter with Mrs. Deussing because past due accounts may be turned over to the Credit Bureau for processing if no special arrangements are made.

Office Staff

Office receptionists for Triad Counseling and Clinical Services, PLLC are available Monday-Friday. Inquiries about accounts and insurance should be directed to a member of the staff, should you have a concern.

Use of Mind-altering Drugs or Alcohol

No smoking is allowed in the building. Please do not appear for a session under the influence of any mind-altering drug, including alcohol. Should the situation occur, the therapy session will not take place and you will be charged in full for the session. Such an occurrence may be considered grounds for termination of therapy.

Client(s) Responsibility

The beginning sessions involve understanding your struggles and relational dynamic (couples) so that together we can develop specific, realistic goals, and methods to accomplish them. You are risking vulnerability by sharing openly and honestly is

validated here. I seek to create a safe space where you can let down your defenses, when you're able, and allow me to see your inner world. This is incredibly difficult for some and I will work gently and patiently, to support you along the way.

The majority of the counseling session will consist of us collaborating and deepening, distilling, then disclosing the underlying emotions beneath your behaviors, thoughts, and patterns with others. I aim to be highly engaged, empathic, supportive, and curious about your inner world; therefore, your engagement in this process of healing is essential. Therapeutic change takes consistent work and focus, therefore, it is for your benefit if you attend all of your scheduled appointments on time and remain present during our sessions. This means no cell phone use in sessions, unless an emergency should arise. If you have children, please make suitable childcare arrangements for them. For the safety of your children and to afford you the opportunity to fully engage in the session, it is best that children are not present during our time together.

Benefits and Risks

Counseling is as much an art as it is a science. While many people have been shown to benefit from it, the results cannot be guaranteed. On average most clients show improvement during therapy. It is important that you understand that along with the benefits of counseling there are also possible risks. You may experience uncomfortable or painful feelings and thoughts. Feelings of sadness, guilt, anxiety, anger, frustration, or relationship difficulties may occur. Relationships with others can take a direction that is unfamiliar and feel quite awkward and uncomfortable once you begin to make changes. There may also be times when you feel discouraged because you are not making noticeable progress.

Email Communications

Please do not email me content related to your therapy sessions, as email is not completely secure or confidential. If you choose to communicate with me by email, be aware that all emails are retained in the logs of your and my Internet service providers. While it is unlikely that someone will be looking at these logs, they are, in theory, available to be read by the system administrator(s) of the Internet service provider. You should also know that any emails I receive from you and any responses that I send to you become a part of your legal record. My emails to and from you are NOT encrypted.

Confidentiality

All of our communication becomes part of your 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: (a) you direct me in writing to disclose information to the person(s) of your choosing, (b) it is determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information.

Complaint Procedure

If you are dissatisfied with any aspect of our work, the most effective and productive way to deal with the situation is to discuss it in our sessions together. Please feel free to ask any questions or clarify any confusion you may have about our work. 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. I abide by the ACA Code of Ethics (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

North Carolina Board of Licensed Clinical Mental Health Counselors

P.O. Box 77819

Greensboro, NC 27417

Phone: 844-622-3572 or 336-217-6007

Fax: 336-217-9450

E-mail: Complaints@ncblcmhc.org

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

Signature of Client: _____ Date: _____

Signature of Legal Guardian: _____ Date: _____

Signature of Therapist: _____ Date: _____