

Eugene Naughton, MS, NC LCMHC, NCC, CSAT
Licensed Professional Counselor, NC Lic. 8944
National Certified Counselor #283503

PROFESSIONAL DISCLOSURE STATEMENT

Thank you for choosing me as your counselor. I am pleased to have this opportunity to work with you and/or your family. This document is designed to inform you about my background, our professional relationship, your rights as a client, and my office's policies and procedures. I encourage you to express any concerns you have at any time. Open communication is key to the success of a therapeutic relationship, so please bring to my attention any concerns you have at any point during the therapeutic process. If you do not believe that therapy is helpful, you have the right to end the process at any time. I will be happy to provide you with a list of other treatment providers.

Background

I hold a Master's of Science (MS) degree in Counseling Education from the University of North Carolina Greensboro (awarded in 2011). I have been in practice since 2011, and I have been a fully licensed counselor since September 2013.

The Therapeutic Process

Therapy is the process by which we resolve emotional, mental, and life's difficulties. Therapy is tailored to the individual needs of the person seeking help. Success depends on identifying goals early in the process and setting benchmarks to measure progress. I prefer to visit goals frequently to make sure that you, the client, are benefitting from the therapy process. Therapy is collaborative, and while I can guide, process, and instruct, I rely on the client to advise me if the process is helpful.

Therapy has risks. Dealing with life's difficulties can make a person feel worse in the moment. Over time and with proper guidance, however, I hope we would see an improvement in your symptoms. My goal is to help you resolve problems as quickly and effectively as possible. Sometimes therapy involves only a few sessions. In other instances, therapy involves the on-going processing and resolution of life's difficulties. I encourage you to be active in therapy.

Professional Services

My services are focused on individual counseling with adults and older adolescents. I also provide couples counseling services. My training is individual and group services in anxiety disorders, mood disorders, trauma, and developmental concerns. My areas of specialty include treatment of Obsessive-Compulsive Disorder and Sexual Addiction. My preferred therapeutic approaches include Acceptance and Commitment Therapy, Dialectical-Behavioral Therapy, and Cognitive Therapy. If I do not believe I have the experience or training to work with your issue, I will refer you to an appropriate specialist who can help.

Confidentiality

Confidentiality is important to the success of therapy. Generally, I do not disclose confidential information without your express written consent. There are times when I may disclose without your written consent:

- **Abuse of a child or elderly person** – If a mental health professional reasonably believes that a person younger than 18 or an elderly person is being abused or neglected, that professional has the legal obligation to report the situation to the appropriate state agency
- **Imminent risk of harm** – if a mental health professional reasonably believes that a client is in imminent danger to themselves or to others, that professional may contact family members, law enforcement, the local hospital systems, or others who can help ensure the safety of the involved parties
- **Peer supervision** – In order that I may provide you with the best services, and in accordance with professional ethics, I may participate in peer supervision/consultation with other professional counselors to discuss means and methods of effective counseling. I do not reveal the identity of any client during peer supervision/consultation
- **Court order** – in rare circumstances, a counselor may be ordered by a judge to release information regarding treatment, diagnosis, and history
- **Insurance** - Basic demographic information, dates and types of services, and a diagnosis may be submitted to insurance companies for billing purposes

- **Unpaid balances** – In a situation where a client has an unpaid balance, account information (including the name and other identifying information of the client) may be turned over to various credit reporting bureaus and/or collection agencies

To help preserve confidentiality, I do not text or engage with clients on social media. I may email clients with their permission. Please note that any emails I receive from you may become part of your client record.

Dual Relationships

Therapy is psychologically intimate, but our relationship is professional, not social. Therefore, I limit contact with clients to counseling sessions and limited communication by phone and email related to therapy.

Length of Sessions

Services are provided in a manner consistent with accepted ethical standards. Sessions are typically a minimum of 38 minutes and a maximum of 60 minutes.

If you need to cancel an appointment, please give at least 24 hours notice. You may reach our office at 336-272-8090 to cancel. For cancellations made within 24 hours of the appointment, you may be charged for that session. Please note: **You may be charged the full cost of an appointment for any missed appointments.** Insurance companies do not reimburse for missed appointments. A recurring issue with “no shows” or nonpayment may result in termination of services.

Therapist Cancellations/Vacations/Emergencies

I will contact you if I need to cancel an appointment. In the event of inclement weather, illness, or emergency, we may reschedule for a more suitable time. I will inform you in advance if I am scheduled to be out of the office. If I am out of town, you may leave a message for me at 336-272-8090. If you are in crisis, please consider calling 911 or visiting the nearest hospital emergency department.

Fees and Insurance Filing

My billable fees are as follows: \$225 for an initial diagnostic assessment, \$175 for subsequent visits between 38 to 52 minutes, and \$150 for subsequent visits more than 52 minutes long. If you have any questions about billing or insurance please contact the office. Triad Counseling and Clinical Services accepts payment by cash, check, and credit card. As a courtesy, we will file insurance claims on your behalf. If you have a deductible, we will collect the entire contracted rate owed until the deductible is met. Once the deductible is met, you will be responsible only for that portion set by your insurance company. Payment is due on the date services are provided. **Please note that you are responsible for paying for services should your insurance company pay only a part of the fee or deny the claim.** Should your insurance company have special arrangements, please discuss with our insurance coordinator. Typically, we will collect a 50 percent co-pay if the co-pay is not known.

As advised above insurance providers require certain information in order to process claims. This information may include: Diagnosis, dates of service, the kind of service rendered (individual, couples, group), and the name and birthdate of the client. Some managed care providers may require additional information. You will be asked to complete an authorization form that gives Triad Counseling and Clinical Services the right to release this information to your insurance provider.

Self-pay fees are due at the time of service. You will be mailed a monthly statement as a receipt unless otherwise requested. **If I am summoned to court on your behalf, you are responsible for paying my hourly fee for any time spent transcribing records, travel time, meals, wait time, and other time associated with a court appearance. Insurance companies do not reimburse for these fees.**

Overdue Accounts

All accounts are considered overdue after 30 days if no payment is received or if no payment arrangements are made. I will make every effort to cooperate with a client who has special financial concerns.

Office Staff

Carla Bland is the Practice Manager for Triad Counseling and Clinical Services, PLLC. Her office hours are Monday through Friday 9:00am to 5:00pm. An Office receptionist for Triad Counseling and Clinical Services, PLLC will be available Monday through Friday from 9:00am to 5:00pm. Inquiries about accounts and insurance should be directed to either member of the staff.

Use of Mind-Altering Drugs and Alcohol

Please refrain from smoking in the office building. Please do not present for a session under the influence of any mind-altering drugs or alcohol. I reserve the right to terminate services and to charge for the session should this occur. I may also terminate services.

Complaint Procedures

If you are dissatisfied with any aspect of the counseling process, I ask that you first inform me so I can take steps to remedy the situation. If you feel that you have been treated unfairly or unethically by me or any other counselor, and if you are unable to resolve the problem with me, you may contact the NC Board of Licensed Clinical Mental Health Counselors at 844-622-3572 or 336-217-6007 to file a complaint or clarify your rights. The address for the NC Board of Licensed Clinical Mental Health Counselors is PO Box 77817, Greensboro, NC 27417).

If you have any questions after reading this disclosure, please advise me. By signing below, you indicate that you have read and understand the information provided here. You will receive a copy of the signed disclosure.

Printed name of client

Date

Signature of Client or Legal guardian

Eugene Naughton, MS, LCMHC, NCC

I have received a copy of the Patient’s Rights and Responsibilities sheet, which is located at the end of this statement.

PATIENT'S RIGHTS & RESPONSIBILITIES

- Patients have the right to be treated with personal dignity and respect.
- Patients have the right to care that is considerate and respects the member's personal values and belief system.
- Patients have the right to personal privacy and confidentiality of information.
- Patients have the right to receive information about managed care company's services, practitioners, clinical guidelines, and patient rights and responsibilities.
- Patients have the right to reasonable access to care, regardless of race, religion, gender, sexual orientation, ethnicity, age, or disability.
- Patients have the right to participate in an informed way in the decision making process regarding their treatment planning.
- Patients have the right to discuss with their providers the medically necessary treatment options for their condition regardless of cost or benefit coverage.
- Patients have the right to individualized treatment, including:
 1. adequate and humane services regardless of the source (s) of financial support,
 2. provision of services within the least restrictive environment possible,
 3. an individualized treatment or program plan,
 4. periodic review of the treatment or program plan,
 5. an adequate number of competent, qualified, and experienced professional clinical staff to supervise and carry out the treatment or program plan.
- Patients have the right to participate in the consideration of ethical issues that arise in the provision of care and services, including:
 1. Resolving conflict,
 2. Withholding resuscitative services,
 3. Forgoing or withdrawing life-sustaining treatment, and
 4. Participating in investigational studies or clinical trials.
- Patients have the right to designate a surrogate decision-maker if the member is incapable of understanding a proposed treatment or procedure or is unable to communicate his or her wishes regarding care.
- Patients and their families have the right to be informed of their rights in a language they understand.
- Patients have the right to voice complaints or appeals about managed care company or the care provider.
- Patients have the right to make recommendations regarding managed care company rights and responsibilities policies.
- Patients have the right to be informed of rules and regulations concerning patients' conduct.
- Patients have the responsibility to give their provider and managed care company information needed in order to receive care.
- Patients have the responsibility to follow their agreed upon treatment plan and instructions for care.
- Patients have the responsibility to participate, to the degree possible, in understanding their behavioral health problems and developing with their provider mutually agreed upon treatment goals.