

Starkesha Daye, MA, LCMCHC
TRIAD COUNSELING AND CLINICAL SERVICES, PLLC
5587D Garden Village Way
Greensboro, NC 27410
Phone:336-272-8090 Fax:336-272-0094

Professional Disclosure Statement
(Information and Consent)

Qualifications

I am a licensed clinical mental health counselor; my licensed number is 13153. I received a Master of Arts (MA) degree in Mental Health Counseling from Argosy University of Sarasota, FL in 2013. I received a Bachelor of Arts degree in Psychology from Queens University of Charlotte in Charlotte, NC in 2009. I have been in the mental health profession of counseling post licensure for the past five years. I am certified in trauma-focused cognitive behavioral therapy (TF-CBT). I am certified through the NC Child Treatment Program. The address is 1121 W Chapel Hill St. Ste. 100 Durham, NC 27701. The contact number is 1-844-622-8748. I recently became a nationally certified counselor. I have some substance abuse experience however I am currently no longer certified to work with substance abuse clients. I am currently pursuing my doctorate in counseling rehabilitation and rehabilitation counselor education at North Carolina Agricultural and Technical State University.

Counseling Background

For the past five years, I have worked in the areas of parent-child conflicts, anxiety, depression, grief and loss, stress management, adjustment disorder, ADHD, homelessness, Post-Traumatic Stress Disorder, and Oppositional Defiance Disorder. I have worked as an intern and qualified professional with the intensive in-home program. I also have over two years' experience working with adults living with depression, anxiety, and/or bipolar. I mainly provide mental health services to adults, children 3-21, and their families. I also provide trauma informed therapy to clients ages 5-21.

Counseling Approach:

In counseling, I utilize two main therapeutic approaches along with some others; they are Cognitive Behavioral Therapy, Person Centered Therapy, and Biopsychosocial spiritual. Sometimes I may also use solution-focused and psychodynamic.

Cognitive Behavioral Therapy: In this type of therapy the focus is on examining thoughts, feelings, and behaviors and the connection they have with each other. Cognitive Behavioral helps one learn to replace negative thoughts with more realistic thoughts about life. Cognitive Behavioral addresses the relationship between thoughts, feelings, and behaviors.

Person Centered Therapy: Person Centered is a non-directive approach and allows the client to take the lead. As the client, you verbalize feelings, thoughts, desires, and needs. As the counselor, I will be open and honest with you while still showing support and acceptance.

Biopsychosocial spiritual Approach: In this approach, the areas of biological, psychological, social, and spiritual issues are addressed in sessions. Each of the aspects are factors in our lives. As the client, you will evaluate each area in session to see if the factors play a part in the struggles you have come to therapy for.

Fees

Fees for professional services are due at the time of each session. The billable fee for an initial Intake interview is \$225.00. Standard fee for each subsequent session is \$175.00 or \$150.00 per session, depending on the length of the session. If you have any questions about billing or insurance please contact the office. Cash, personal checks, Visa, Mastercard, American Express or Discover are acceptable forms of payment. **If I am summoned to court on your behalf you are responsible for paying my hourly fee for any time spent in transcribing records requested by you, time in court, including, but not limited to, travel meals, and any wait time prior to actual court appearance.**

Length of Sessions, Missed appointments/cancelations

Sessions will last for 45-50 minutes, and the number of sessions will be determined on a case-by-case basis. If you cannot keep your appointment, you should notify me as soon as possible. There is no charge if a cancellation is made at least 24 hours in advance, however, you may be charged for a cancellation within 24 hours of the scheduled appointment. **You will be charge for a missed appointment that is not canceled.** Insurance companies will not pay for missed appointments; therefore, you will be responsible for the session fee. In the case of a canceled or missed appointment, there is no guarantee that I will be able to reschedule on short notice, though I will try my best to accommodate.

Use of Diagnosis

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require that 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.

Confidentiality

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: (a) you direct me in writing to disclose information to someone else, (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.

Office Staff

Triad Counseling and Clinical Services, PLLC administrative staff hours are Monday-Friday 9:00 am to 5:30 pm and are available to address scheduling, billing and insurance questions.

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 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

Acceptance of Terms

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

Client: _____ Date: _____

Counselor: _____ Date: _____