

Client Policies

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I have been counseling and practicing hypnotherapy, as well as practicing and teaching yoga, for a combined 20+ years of experience. My views on the nature of people and human behavior are based on a combination of theories, mainly Adlerian, Cognitive-Behavioral, and Rogerian, with a bit of Psychodynamic as part of the foundation. I believe the therapeutic relationship is of central importance, and within this relationship elements such as empathy, genuineness, congruence, and unconditional positive regard for the client as a human being are key to establishing a foundation of trust upon which to build a working relationship. My approach to counseling begins with a view of clients as not mentally sick, but discouraged. From this point of departure, I work with clients using their particular strengths, helping them to see possibilities, to solve problems. I like the idea of focusing on re-educating individuals, with emphasis on internal determinants of behavior (values, beliefs, attitudes, goals, interests, and the individual perception of reality). This ties in nicely with certain aspects of cognitive-behavioral therapy, including action-oriented homework assignments, readings, and challenging irrational beliefs based on perceptions of earlier experiences. When appropriate, I'll incorporate guided visualization, relaxation, hypnosis into the treatment plan.

I have attended professional training in Mindfulness Based Stress Reduction with Dr. Jon Kabat-Zinn and Dr. Saki Santorelli, who created and run the Stress Reduction Clinic at U Mass. Medical Center, and with Thich Nhat Hanh for silent mindfulness meditation retreat. Personal and professional experience in health and holistic healing, and a passion for learning and practicing the connection of mind/body/spirit have helped me create an integrative approach to wellness and self-healing. I personally attend periodic retreats and practice Mindfulness, and have studied as an intern with Dr. Dean Ornish in one of his original pilot studies on reversing heart disease through diet and lifestyle changes. With this broad-based, integrative approach every client learns tools that can be easily incorporated into their daily lives, helping them by facilitating positive change and growth, creating a real sense of self-empowerment.

I work with individual adults, adolescents, groups, children/families, using their particular strengths, helping each to see possibilities, to solve problems. Together, we work toward gradually developing a framework that helps one understand how s(he) is responding to different life situations. With this awareness one is in a better position to consider alternative ways of responding, better able to problem-solve, and ultimately manage difficulties and life challenges as they arise.

Appointments/Fees

Appointments are usually arranged on a weekly basis if possible. This way, we both count on meeting at a scheduled time on a specific day. If you need to change or cancel an appointment, please give me at least 24 hours notice, otherwise you will be charged for that session. You may change or cancel an appointment by leaving a message, at least 24 hours or more in advance of the scheduled appointment.

The fee for an individual session is \$ 175 per hour. The first session is 1.5 hours (\$185), and sessions thereafter are booked for 50 minutes, unless otherwise requested. If the session runs longer than one hour, the fee will be adjusted accordingly, in 15 minute increments (\$43.75). Packages are available that both allow me to create a customized plan in advance, with set times to meet, as well as save you the client a substantial amount compared to individual session pricing. In the event they are not used within a three month time frame, there will be no refunds for any unused portion of the package. Given that they are typically for either 3 or 5 sessions per package, clients are easily able to use the full amount before the three month expiration. Fees are due and payable at the time of each session. You may use cash or checks. **If a credit card is used there is a 3.7% fee for the convenience, that goes directly to the credit vendor.** In the event of a burden or hardship, we can discuss alternatives on a sliding scale. I do not bill for insurance at this time

Confidentiality/Client Rights

You are free to ask me any questions you may have about the methods of therapy. You may ask for a second opinion from another therapist or terminate therapy at any time. Therapy sessions have limits to confidentiality, and I am required to disclose information in the circumstances of physical danger to yourself or others, or the physical abuse of a child or elderly person, and when mandated by court order. In a professional relationship between a therapist and client, sexual intimacy is inappropriate and should be reported. To register a complaint, contact the North Carolina Board of Licensed Clinical Mental Health Counselors, PO Box 77819, Greensboro, NC 27417. (844) 622-3572 or (336) 217-6007 www.ncblpc.org

If it is necessary for me to gather information from other professionals, e.g. your physician, I will discuss this with you. If you agree, you will be asked to sign a release of information authorization.

The purpose of this statement is to inform you of my credentials, the professional services I offer, my fee schedule and therapeutic orientation. This document is part of the Standards of Practice of the North Carolina Board of Licensed Professional Counselors. Please make sure you have read this before signing below.

_____ Date/Client

_____ Date/Debra Umhoefer- Young , M.Ed., LCMHC

