

PROFESSIONAL DISCLOSURE STATEMENT

DANELLE BROWN HOLBROOK, M.ED., LPC

704-756-0339

Qualifications & Counseling Background

Danelle Brown Holbrook, M.Ed., is a Licensed Professional Counselor in the State of North Carolina, License # 6474. She holds the following degrees: A Master of Education (M.Ed.) in Mental Health Counseling from Bridgewater State College (2001) and a Bachelor of Science in Psychology from Brigham Young University (1995). Danelle has 17 years of professional counseling experience working with diverse cultural populations and ages including children, adolescents and adults. Currently she works with many Latter-Day Saints and other Christians who desire to bring religious elements to the counseling process.

Danelle uses and has been trained in many traditional orientations such as Cognitive-Behavioral Therapy, Reality Therapy, Love and Logic Parenting, Emotional Focused Therapy and Group Therapy. Danelle also has been trained in many complementary approaches to mental health such as Reiki/Chakra Balances, Energy Psychology, Emotional Freedom Technique/Tapping, Healing from the Body Level Up, Brain Gym, Touch for Health and Muscle Testing.

Description of Services: Danelle offers individual, couple, family and group counseling. She offers help in the following areas:

- Mind/Body/Energy Work & Holistic Counseling
- Traumas, Abuse and Post Traumatic Stress Disorder
- Mood Disorder (i.e. Anxiety, Depression, Bi-polar)
- Spiritual Struggles and LDS counseling
- Life Transitions, Hardships, Grief & Loss
- Attention Deficit Hyperactivity Disorder
- Marital Discord & Enhancement
- Parenting and Family Issues
- Interpersonal Conflicts
- Personal Development
- Addiction Recovery
- Stress/Anger Management

At our initial meeting, we assess your current needs, goals and symptoms/blockages/pain. We create a treatment plan and determine the need for additional sessions or outside referrals. Danelle may ask you to keep a journal and take notes about our work together. She often assigns homework to practice techniques, new patterns and apply new learning. Commitment to the process and changing thinking, patterns, and reactions is essential.

Theoretical Approach: Danelle, as a life-long Christian approaches counseling from a faith-based, holistic and developmental perspective. Danelle promotes Christian living as a way of coping and working through problems. She integrates insights and virtues of Christian theology with principles of sound traditional behavioral modalities and valuable complementary therapies.

Individual Therapy: Danelle uses solution-focused interventions and cognitive re-framing. We work to overcome obstacles to goals, process & heal trauma, release negative emotions, instill boundaries and examine new patterns, perspectives and possibilities. We process fears, anxieties and past traumas to find meaning, wisdom, drive, opportunities and positive outcomes.

Couple and Family Therapy: Danelle uses a systemic perspective and focuses on the interactive patterns being the problem rather than one family member. Together we identify how each family member contributes and maintains interactive cycles. Role playing, creating and practicing new interactive patterns is an important part of the process. We work on positive communication, emotional connection, conflict resolution and relationship enhancement. We investigate meanings (thoughts, feelings and longings) behind reactions. Danelle emphasizes a softening of the heart and willingness to change.

Session Fees and Length of Services

1 hour, 1 ½ hour and 2 hours sessions are available in person and in some cases by phone. Individual, couple and family sessions are \$75 an hour. Many sessions including your first appointment are 90 minutes and cost \$110.00. 2 hours sessions are \$150. Any sessions 10 minutes over time will be billed in 15 min intervals. Phone consultations over 10 minutes will be billed at the regular hourly rate on a pro-rated basis and payment must be received prior to your next session. Group sessions are \$40/hr (2+ clients needed for group). I understand that I am responsible for payment at the time of services by cash, check or credit card.

Billing

Danelle does not bill insurance and is not a contracted provider for any insurance companies. However, your insurance company may reimburse you for qualifying counseling services. Not every service is covered. It is your responsibility to check the limits to coverage and deductibles. If a qualifying diagnosis is appropriate, Danelle can give your insurance company a diagnosis that becomes a permanent part of your records. If an ecclesiastical leader or non-insurance third party has agreed to pay for services, Danelle will bill them directly after client has signed an authorization. Patient’s portion of payment it is due at the time of service. After 4 unpaid visits by a third party, Danelle will not schedule anymore appointments until payments are received.

Limits to Confidentiality

All of our communication is documented in your clinical record and can be accessed upon written request. You have received Danelle Holbrook’s Notice of Privacy Practices regarding the use and disclosure of confidential information. Unless you sign an Authorization for Release of Confidential Information, we will not disclose any of our communication except required by law. For example, if you discuss a plan or intent to hurt yourself or someone else or there is a reasonable suspicion of abuse/neglect against a minor child, elderly person (65 or older) or a dependent, disabled or vulnerable adult, Danelle must report this to the proper authorities.

Danelle also uses consultation to improve quality of services and for help with better treatment as needed. I give permission to Danelle Holbrook to seek consultation about my case if needed while maintaining confidentiality (first name only used).

In group sessions, confidentiality cannot be guaranteed but will be a rule set for group members.

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 found at this link:
(<http://www.counseling.org/docs/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=4>)

North Carolina Board of Licensed Professional Counselors PO Box 77819 Greensboro NC 27417
Phone: 336.217.6007 Fax: 336.217.9450 E-mail: ncblpc@mgmt4u.com

Acceptance of Terms

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

Client: _____ Date: _____
Client: _____ Date: _____
Counselor: _____ Date: _____