

**Professional Disclosure Statement for Allison W. McLaurin, MEd, NCC, LCMHCA**

104-D Waxhaw Professional Park Dr, Waxhaw, NC 28173

Phone: 980-209-2296

Email: allisonwmclaurin@gmail.com

License Number:A15168

License Number:PC15621

Thank you for choosing me as your counseling service provider. This document has been created to advise you about my background and to ensure that you understand our therapeutic relationship.

**Qualifications**

The highest degree I have obtained is a Master of Education in Counseling and Development with a concentration in Clinical Mental Health Counseling. This degree is from Winthrop University and was received on May 2, 2019. I also have a Bachelor of Arts in History from Clemson University located in South Carolina, which I received in 2016. I am a member of the American Counseling Association and completed the Red Cross Psychological First Aid training in 2019. I am in pursuit of my SEP (somatic experiencing practitioner's certificate). Currently, I am in my final or advanced year of the somatic experiencing (SE) professional training out of three-years total. SE is a trauma-informed approach to therapy. Additionally, I have completed the first clinical training in couples therapy via the Gottman model.

**Restricted Licensure**

I am currently pursuing my independent license as a Clinical Mental Health Counselor Associate in the state of North Carolina. I am practicing under the supervision of Shelia Maitland, LCMHCS, CSAT-C. My training thus far allows me to work with individuals, groups, and couples of all ages. I have currently been providing mental health services for one year and a half.

**Counseling Background**

I have a year and a half of counseling experience. I have experience working with adolescents and adults who suffer from feeding and eating disorders at a partial hospitalization treatment facility. I have worked with adults adjusting to life changes at a free clinic. Finally, I have provided Child-Centered Play Therapy Sessions (CCPT) for children. The primary modalities I have used are ACT (acceptance and commitment therapy), Somatic Experiencing (SE), and Experiential techniques. Combining the modalities of ACT and SE allowed clients and me to work together to identify values, defuse from negative inner experiences and commit to creating a more sustainable and value-driven life through sensations, images, behaviors, emotions, and meanings. I also have experience in the following areas:

- Group counseling
- Cognitive-behavioral therapy
- Dialectical behavioral therapy
- Couples therapy

- Anxiety Disorders
- Depressive Disorders
- Personality Disorders
- Trauma-and Stressor-Related Disorders
- Neurodevelopment Disorders
- Psychotic Disorders
- Dissociative Disorders
- Gender Dysphoria
- Substance-Related Disorders

### **Counseling Services Offered/Theoretical Approaches**

To fully benefit from counseling services, it is critical for you to actively participate in and out of sessions. Following each session, you will receive a homework assignment that will further your self-growth. This includes but is not limited to writing assignments, relaxation exercises, an outing to achieve a specific goal, etc. When exploring difficult emotions and or subjects you may feel worse before you feel better; We will collaborate and find coping strategies that work best for you during these times.

My therapeutic approach is integrated and largely based on Reality Therapy developed by William Glasser, PhD. This approach focuses more on the human condition of suffering and less on pathology. Reality therapy encourages you to acknowledge your ability to respond to experiences and to make value-oriented choices. The second approach to therapy I may utilize is Somatic Experiencing (SE). SE is a trauma-focused approach created by Peter Levine, PhD. SE utilizes nervous system regulation and the release of somatically stored trauma through sensation, images, behaviors, emotions, and meanings. Finally, I am likely to employ experiential techniques in our sessions. Experiential Therapy is an approach to counseling that utilizes tools, activities, art, role-plays, music, and, possibly outings. A common way to think about Experiential Therapy is to think of it as the interventions we use in our sessions. You control the final decision on which approach is most fitting to aid you in accomplishing your goals.

Together we will define concerns, goals, strategies, risks, benefits, and the time commitment involved with treatment to maximize the effectiveness of therapy. Throughout treatment, we will revisit these subjects and evaluate what is or is not working to measure progress. If needed we will reconstruct areas with little to no progress and modify goals.

When executing therapeutic interventions there are both benefits and risks. Risks might include intense and uncomfortable emotions such as sadness, hurt, anxiety, anger, confusion, overwhelm, and vulnerability. We will attend to these experiences as they materialize.

My practice attends to those who are suffering from “Big T” traumas and developmental trauma. Big T traumas include but are not limited to accidents, surgeries, assaults, and neglect. Developmental trauma can materialize as depression, anxiety, negative body image, general, cultural & relational stress, difficulties with adjustment, and personality disorders. If a problem

presents outside of my scope of practice, I will make an appropriate referral. Lastly, as the client, you can decide to seek a second opinion from another mental health provider or may terminate therapy at any time.

### **Session Fees and Length of Service**

I am an out-of-network provider, which means I do not accept insurance outright. Rates and payment arrangements will be determined when an appointment is scheduled and agreed upon preceding the first session. All payments are due before the beginning of a session. Acceptable methods of payment include cash, check, or Venmo. As an out-of-network provider, I will provide a bill that you may choose to file with your insurance company. Individual counseling sessions will be scheduled for 50 minutes. Couples and Family sessions will last 80 minutes. Individual sessions are priced at \$105.00 USD and couples and family sessions are priced at \$185.00 USD.

### **Use of Diagnoses**

Some health insurance companies reimburse clients for counseling services and some will not. Additionally, most insurance companies require a diagnosis of a mental health condition and indicate that you must have an “illness” before they will agree to reimburse you. There are some conditions for which people seek counseling that does not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis \*only if knowledge of the diagnosis will not cause you harm\* before I submit the diagnosis to the health insurance company. Any diagnosis made will become part of your permanent insurance records.

### **Confidentiality**

Information relayed in session is completely confidential unless you tell me or I believe that you intend to harm yourself or another, if a child, elder, or dependent adult has or will be neglected and or abused or if I am court ordered to relay confidential information. The information disclosed to me will be regarded with respect and protected by the American Counseling Association’s ethics and state law. This includes any records that I keep on our sessions. All of our communication becomes part of the clinical record, which is accessible to you upon request.

It is important that you understand that I will be consulting with my supervisor Shelia Maitland, LCMHCS, CSAT-C and other mental health professionals about our sessions and my performance as a licensed clinical mental health counselor associate (LCMHCA). For my supervisor to give me adequate feedback on my counseling skills I may utilize video or voice recordings of our sessions. I may also consult on your situation. I will conceal your identifying information for confidentiality and privacy purposes.

### **Complaints**

If you are displeased with any aspect of our work, please notify me as soon as possible. This will make our work together more productive. Nonetheless, you have the option to file a complaint with my supervisor Shelia Maitland, LCMHCS, CSAT-C.

Shelia can be reached at:

Address: 1136 Sam Newell Rd Ste D Matthews, NC 28105.

Phone: (704) 560 4388

Email: SheilamaitlandLPCS@Gmail.com.

Furthermore, you may file a complaint against me with the North Carolina Board of Licensed Clinical Mental Health Counselors should you feel I am in violation of the ACA codes of ethics. I have provided a link to the ACA code of ethics and listed the North Carolina Board of Licensed Professional Counselors' contact information for your convince.

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@ncblpc.org](mailto:complaints@ncblpc.org)

### **Acceptance of Terms and Conditions**

I have read the preceding information and understand my rights as a client or as the client's responsible party.

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Print Client's Name

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Client's or Responsible Party's Signature

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Date

If signed by Responsible Party, please state relationship to client and authority to consent:

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Counselor's Signature

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Date