

## **LPC Professional Disclosure Statement**

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### **Qualifications**

Prior to my career in counseling, I worked as a Diagnostic Prescriptive Educator (James Madison University, 1976). I graduated from the University of Sarasota with an M.A. in Counseling in 1999, and am a Diplomate in Comprehensive Energy Psychology from the Association of Comprehensive Energy Psychology (ACEP, 2010). My Soul Detective certification, a professional mental health therapy recognized by ACEP for trauma and individuals who do not respond to traditional therapies and medications, was completed in 2012. I trained in Emotional Freedom Technique (EFT) from ACEP (2000) and received a certification independent of ACEP in 2005. I am a co-developer of Radiant Energies Balance (REB), a mindfulness-based energy psychology with primary developer Phillip Warren, Ph.C. (Canada) in 1999. I hold a primary certificate in Rational Emotive Behavior Therapy from the Institute of Rational Living with Albert Ellis (1999), and a certificate in Reality Therapy from Reality Therapy Institute (1984). I completed training in Mindfulness-Based Stress Reduction (2017) and have published two books on mindful awareness: *Pathways to Wholeness*, 2010 (republished 2018) and *Revolutionize Your Health* co-written with Cornelia Merk (2019). *Nurturing Wellness through Radical Self-Care* (2012) focuses on mindful living and energy psychology.

I began private practice in 1999 and was licensed as a Licensed Professional Counselor (LPC) in 2002.

### **Counseling Background**

Prior to private practice, I worked in academic counseling and in residential addictions recovery. Currently, I work with individuals ages 14 through mature adulthood. My approach is integrative, embracing both traditional talk therapy and holistic mind-body-spirit techniques. I am a client-centered therapist, and I work with you to create a growth plan designed to meet your needs. We focus on developing positivity, mindful life skills training, and personal empowerment in a way that fits your lifestyle. I include spirituality and teach mind-body-spirit strategies that I've developed, especially those that focus on anxiety, stress reduction, and the development of holistic awareness.

Many individuals who seek my services suffer from multiple life issues and conditions. My practice includes women and men who suffer from chronic fatigue syndrome, fibromyalgia, colitis, Crohn's disease, and other auto-immune illnesses, Lyme Disease and other physical illnesses. I work with older adolescents and adults challenged by attention deficit disorder and learning issues. I also have clients who suffer from trauma and post-traumatic stress disorder, panic disorder, bipolar disorder, chronic depression, and issues that do not fit into a specific diagnosis. Together we approach these difficult symptoms with techniques that work for you. They might include cognitive therapy, Soul Detective therapy, energy psychology (Thought Field Therapy, EFT, REB), mindfulness-based strategies, self-reflection, and intuitive insight and guidance. If agreed upon, I refer to psychiatrists who do genetic testing for an appropriate medication match, and to psychiatrists who do neurochemical balance testing, and prescribe both medications and nutraceuticals.

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

Appointments last approximately 60 minutes unless prearranged. The charge is \$100 per hour, and insurance is not accepted. However, clients do have the option of a graduated scale when financial need can be verified. I supply the information you need to self-file with your insurance provider for all appointments that qualify for insurance reimbursement.

Appointments are available at my office or via Zoom. Our appointments can be done by phone although it is not preferred. By communicating face-to-face through Zoom, appointments are /highly effective, especially for those who are homebound, or suffer from anxiety preventing them from leaving the house. If the office is not convenient, and safety is essential, I ask and confirm that a responsible person is available in another room during therapy.

Payment is due at the time of service. I accept cash, check, credit, and debit.

### **Use of Diagnosis**

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require 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 so you can submit your appointments for reimbursement. Most phone and Zoom appointments do not qualify for reimbursement. 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.

### **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 Professional 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**

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

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor: \_\_\_\_\_ Date: \_\_\_\_\_