



**Session Fees and Length of Service (Private Practice and Alma)**

Your appointments will last approximately 60 minutes unless prearranged. I charge \$110 per hour, and I take insurance if you contact me through Alma. I do have a graduated scale when financial need can be verified. I provide the information you need for self-file insurance for all appointments that qualify for insurance reimbursement.

Appointments are available via Zoom. Zoom appointments are highly effective for anyone that chooses to use a digital forum. It works especially well for those who are homebound or suffer from anxiety that prevents them from leaving their home.

Private practice payment is due at the time of service. I accept cash, check credit, and debit cards through IVY Pay. I also accept insurance flex cards.

**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. 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: \_\_\_\_\_