

ANNA D. SKINNER, M.Ed., NCC, LPC, LCAS

M.Ed. Community Agency Counseling
2005 North Carolina State University
National Certified Counselor #204004
Licensed Professional Counselor #5449
Licensed Clinical Addictions Specialist #1234



About Me...

I am a Licensed Professional Counselor and Licensed Clinical Addictions Specialist. I have over three years experience with children and adults that includes conducting individual and family counseling sessions, performing assessments, researching, developing, and implementing both psychoeducational and process oriented substance abuse groups, and making referrals to community resources for medical, housing, employment, and other needs. Before completing my Master's Degree, I was a stay-at-home mother of two for five years. I currently serve children, adults, and families with mental health, substance abuse, behavioral health, and adjustment concerns.

Therapeutic Approach...

Therapy is a means to clarify what's not working in your life, learn new ways to cope, and find support in working through difficult issues. People do the best they can with what they have, and they make poor choices when they don't know what else to do, or they don't know how to be more effective. Everyone has the capacity to change. It is not for me to determine the what, when, or why of that change, but it is my responsibility to stand with you along the way. Depending on your individual wants and needs, we may just sit and talk during a session, I may engage you in therapeutic activities, or I may actively teach you new coping skills. My practice draws on Existential Therapy, Cognitive Behavioral Therapy (CBT), Motivational Enhancement Therapy (MET), Dialectical Behavior Therapy (DBT), and Expressive Therapies such as play and art. I make clinical diagnostic assessments based on the Diagnostic and Statistical Manual of Mental Disorders (DSM IV-TR), published by the American Psychiatric Association. These assessments are used to categorize your symptoms and create a framework for our work together. They are not meant to label, but do become a part of your clinical file. More than anything, I work with you to create new experiences from which to draw strength, hope, and wisdom.

The length of a typical individual session is 45-50 minutes, or up to two hours when family members are involved. The number and frequency of sessions depends on you and the nature of your concerns. Typically, clients attend weekly sessions until we agree that your goals have been sufficiently met. You may choose to withdraw from treatment at any time.

Confidentiality...

Consider our counseling sessions private and safe. Information you share with me will be kept confidential with the exception of the following situations:

- a) If I learn that you intend to harm yourself or someone else.
- b) If I suspect neglect or abuse of a child, elderly, or disabled person.
- c) If I am court ordered to release information.
- d) If your insurance company requests records in order to verify the services received and determine compensation.

In these situations, I will reveal **relevant** information to the necessary parties.

Client Fees and Responsibilities...

In order for our work together to be successful, it is essential that clients attend sessions, make a sincere effort to work on the issues we are addressing, and follow through with elements of treatment such as things to do between sessions, readings, and so on. Individual and family sessions are \$105 for a 45 minute session and \$150 for a 75 minute session. Clients receiving substance abuse treatment will be charged an additional \$10 for each urine drug screen administered. All payments are expected at the time of the session through cash or personal check. Continuation of treatment depends on timely payment of fees. If you are unable for some reason to pay a bill as requested, please discuss this with me and we will attempt to make arrangements as needed. However, I reserve the right to discontinue treatment based on nonpayment of fees, failure to attend scheduled appointments, or when I deem treatment would be better served elsewhere.

I require 24 hours prior notice to cancel a session. My schedule tends to be rather full, and if clients do not cancel appointments with sufficient time, then others who could receive services are unable to do so. If you fail to cancel with 24 hours notice, you will be charged a \$30 office fee. Please note that although this fee is allowed by major insurance carriers, it is not covered by them and will be an out of pocket expense.

Contacting Me...

Because of the nature of my work, there will be times when I am with clients and am not immediately available by telephone. My normal office hours are Monday and Wednesday from 9-8, Tuesday from 9-5, and Thursday and Friday from 9-3. My telephone number is 919-395-0663. If I do not answer the phone, please leave a message on my confidential voicemail with a number where I can return your call. If there is an emergency, do not call me. You may contact your physician, the emergency room at your local hospital, dial 911, or call Wake County Crisis and Assessment at 919-250-3133. Please contact me for follow-up treatment once the crisis has become stable.

In Closing...

I appreciate the time you have taken to read this. If you have any questions or concerns now or at any point in your treatment, please feel free to let me know. Please sign below to indicate that you have read this and have had a chance to ask any questions.

If you feel that you have been treated unethically by me or any LPC counselor, please write a letter detailing your complaint to: North Carolina Board of Licensed Professional Counselors
PO Box 1369, Garner, NC 27529-1369

Client: _____ Date: _____

Guardian: _____ Date: _____

Counselor: _____ Date: _____