



L.V. Doubleday  
COUNSELING

# Professional Disclosure Statement

Veda Doubleday, MS, NCC, LPC

I am a Licensed Professional Counselor, License number 72151. I am also a National Certified Counselor. I hold a Master of Education degree from Texas Woman's University Counselor Education Program. My formal education and previous experience have prepared me to counsel individuals, adolescents, families, couples, and groups.

**Confidentiality:** Discussions between client and counselor, and even the fact that you are in counseling, is confidential. There are a few exceptions to confidentiality:

1. If you are a danger to yourself or someone else.
2. If you reveal an incident of abuse or neglect to a child, elderly or disabled person.
3. By court order.
4. If you reveal an incident of sexual contact with another mental health care professional.
5. If you or your legal guardian provide written consent to disclose information.
6. Disclosure to insurance companies for the purpose of reimbursement.
7. Also, counselors will discuss cases with other program staff and their supervisor.

If you are a minor, your parents have the right to your records. It is important to the counseling process that the client feels comfortable to disclose information, therefore parents will be included in the counseling process, but will not be given specific information without the consent of the client. The exception is if there is a dangerous situation in which case the client will choose how to inform the parent.

**Nature of Counseling:** I look at counseling as a time in which we examine the biological, intellectual, social, occupational, emotional, and spiritual aspects of the whole person, as well as our thought processes. I believe that all of these interact for the well-being or detriment of the person. I believe every individual has within them the tools needed to resolve their own difficulties. In general, we will work together to establish counseling goals and I may suggest techniques and tools that you may utilize in the achievement of those goals.



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**Potential Risks and Benefits of Counseling:** The process of counseling may lead to positive or negative changes in the lives and relationships of clients. Benefits of counseling may include an improved understanding of self and others, improved relationships with others, and progress toward goals and objectives of therapy. Risks may include a lack of improvement or worsening of the condition, upsetting insight, feelings of distress, and change in relationships.

It is our policy always to involve both parents in treating children.

The use of e-mail is only for administrative purposes and is not intended to relay protected health information or for treatment.

By your signature below, you are indicating that you have read and understood this statement, and/or any questions you have about this statement have been answered to your satisfaction.

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**Client's Signature**

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**Guardian's Signature**

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**Date**

