

# *Declaration of Practices and Procedures*

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Licensed Professional Counselor

LA License #1941  
NPI 1861812307

**CAROL BRILL COUNSELING, LLC**  
TEEN & ADULT COUNSELING  
HIGH SCHOOL, COLLEGE & CAREER SERVICES

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- 1. Purpose** – This document is to inform you of basic aspects of the counseling relationship that I hope to establish. Please read it carefully and seek clarification about any of the following statements before signing.
- 2. Counseling Relationship** – I see this relationship as a combined effort of those involved to help the client reach his or her goals, begin reconciliation of the presenting problem and to begin a plan for a productive and meaningful life. I will provide a safe and nurturing environment that facilitates attainment of counseling goals, while respecting the uniqueness of the individual and those in his or her family/group of origin. My holistic approach covers the academic, social/personal, and college/career domains – promoting success in education and preparation to lead fulfilling lives as responsible members of society.
- 2. Qualifications** –
  - Masters in General Counseling from Louisiana Tech University (1990)
  - Masters in Secondary Education from Louisiana State University Shreveport (1988)
  - Current Teaching Certification
  - Licensed Professional Counselor, Louisiana License #1941 (1995 - present)
  - *Privilege in Appraisal* granted by the Louisiana LPC Board of Examiners (May, 2017 - present)
  - National Certified Counselor and School Counselor, Certificate #86639 (2003 - present)
  - By choice, I am not a Licensed Marriage & Family Counselor; however, I work extensively with families and married individuals with personal issues affecting their extended families, marriages and children.
- 3. Areas of Expertise** – My professional experience and areas of interest include working primarily with teens, young adults, and mature adults who are experiencing career, family and personal challenges and are ready and willing to make realistic and practical life changes. I have extensive training in Dialectical Behavior Therapy (DBT), and I also utilize principles of Reality Therapy, Rational Emotive Therapy, Transactional Analysis, Motivational Interviewing and Cognitive-Behavioral Therapy. I have specific training and experience in issues of Autism Spectrum Disorder, ADD/HD, Learning Disorders, Anxiety, Depression, Angry/Aggressive Adolescents, Suicide Ideation, Self-Injurious Behavior, and Adjustment Issues Related to School. I prefer to focus much of my practice working with teens and mature adults who are unsure about their “course in life” and who might encounter challenges in the pursuit of post-secondary education. My professional objective is to teach individuals valuable skills to develop a life worth living, replacing ineffective thoughts and behaviors with a positive action plan for a healthy, successful future.
- 4. Fee Scales** –

**Individual Sessions - \$125 per hour**  
**Group Sessions - \$35 per participant per session; monthly payment due at beginning of month**

**Note: Mental Health Counseling Services** may be covered by participating insurance plans (*out of network*), and billing documentation will be provided to the client for insurance reimbursement only. I will not bill insurance companies, but I will gladly furnish a super<sup>®</sup>bill. I am in-network with Blue Cross Blue Shield only. Reimbursements may be available to clients who meet specific mental health criteria within their unique insurance plan with defined diagnostic and treatment criteria. Hourly fee is \$125 per hour.
- 5. Services Offered and Clients Served** –
  - **DBT (Dialectical Behavior Therapy) Skills Group** offers a group setting where DBT skills can be learned in a social context. Participant contracts are made *individually*, and group participants must be screened and appropriate regarding age, level of maturity, and treatment plan. Skills are reinforced in individual or group therapy sessions with Carol Brill, LPC or another primary therapist. There are considerable skills to learn and the process typically lasts 1-2 years, depending upon severity of behaviors and motivation of client.

- **Executive Function Appraisal** (BRIEF2 by PAR) **and Skills Training** (DBT Based) for Interpersonal Effectiveness, Impulse Control, Emotional Regulation, Problem Solving, Goal Setting, Planning, Organizing, Self-Monitoring /Self-Evaluating, Self-Awareness, and Self-Initiating.  
**Note:** DBT skills provide a uniform syntax/knowledge base to be used during individual sessions.
  - **Educational Consultation Services (non-insurance) – Charged by billable hours; fees vary**  
Appraisal ( ) available within the appropriate scope of training of Carol H. Brill, LPC
  - **Family Support for School-based Services for Special Needs Students (Section 504, Special Education, Assessment, Alternative Placement and Boarding School Consideration, College Services – Charged by billable hours when not covered by insurance – fees vary**
  - **Clients served typically present relational problems, educational/career related problems, emotional dysregulation, substance use disorder, obsessive-compulsive, anxiety and depressive disorders, ADD/HD, and/or developmental disorders usually seen in childhood.**
6. **Code of Conduct / Ethics** – I abide by the *American Counseling Association (ACA) 2014 Code of Ethics* and the National Board for Certified Counselors (NBCC) Code of Ethics (effective March 1, 2013). Copies upon request<sup>1</sup>
  7. **Privileged Communication** - All counseling sessions are private and confidential, with the following exceptions in accordance with state law:
    - a) You, and a parent if you are a minor, give written permission to share documents and information with specified others. Please know that I might occasionally share *anonymous* information with colleagues in a consultation setting. They, too, are bound by confidentiality.
    - b) I determine you have an expressed intent to seriously harm yourself.
    - c) I determine you are a serious danger/threat to others.
    - d) There is reasonable suspicion of abuse/neglect against a minor child (<18) or an elderly (65>) or dependent adult of any age.
    - e) A court order is received directing the disclosure of information.
  8. **Emergency Situation** – If a crisis occurs, please call 911 or have a responsible adult transport you immediately to an emergency facility – ask for a psychiatric nurse or a mental health intake professional.
  9. **Client Responsibilities** – You are the most important person concerning your well being. You have the responsibility to 1) keep scheduled appointments; 2) be proactive in your treatment goals; 3) complete all assigned tasks; 4) if under 21, remain alcohol and drug-free within your treatment plan; 5) be accountable to the facilitator for all assignments and suggested activities; 6) articulate and share progress within the safety of the individual or group process.
  10. **Physical Health** – You will share your medical history, including current and past prescribed medications/other substances. You will also agree to seek medical support for conditions requiring physical/psychiatric treatment.
  11. **Potential Counseling Risk** – Counseling poses potential risks. New concerns may arise. Concerns may be unsettling or change the focus of treatment. You should share these feelings or concerns with me for effective attention and processing within the appropriate counseling relationship. Referral to another mental health professional may be appropriate.
  12. **I have read, understand and agree to the above information.**

Client signature \_\_\_\_\_ Date \_\_\_\_\_

Counselor signature \_\_\_\_\_ Date \_\_\_\_\_

If the client is a minor, the parent or guardian must also sign (below):

I, \_\_\_\_\_ (parent), give permission for Carol H. Brill, LPC to  
conduct counseling services with my \_\_\_\_\_ (relationship), \_\_\_\_\_.

**Note:** Additional specific consent forms are required for insurance processing and releasing information to others whom you may wish to have “need-to-know” access to your records.

*Note: The information above is on file with the Louisiana LPC Board of Examiners<sup>2</sup>*

<sup>1</sup> ACA – [www.Counseling.org](http://www.Counseling.org) NBCC – [www.NBCC.org](http://www.NBCC.org)

<sup>2</sup> LPC Board of Examiners, 8631 Summa Avenue, Suite A, Baton Rouge, LA 70809 – [www.LPCBoard.org](http://www.LPCBoard.org)