

Disclosure Statement

Education & Training: **Bachelor of Arts** in English Literature from UA Little Rock (1985), **Master of Arts** in Counseling Psychology from The Seattle School of Theology & Psychology, (2008), **Internship** (2007-09) at The Center in Edmonds, WA, an intensive outpatient setting, **Licensed Associate Counselor** (2010-2014) working with clients at AR Cares, a residential treatment setting for court-ordered clients with co-occurring disorders, **Licensed Professional Counselor** (2014), facilitated groups with CHI-St. Vincent in-patient program (2014-15), prior to counseling I worked in the areas of education, administration, & missions. I currently see clients in private practice.

Orientation: 1) **I believe you are created in God's image**—a relational, gendered, person of dignity, struggling also with depravity; 2) **I believe your heart matters**—that what you feel is telling you something true about you & your relationships; 3) **I believe who you are and how you relate with others was formed early on**— primarily in relationships with your mom & dad... where none of us got all we needed, & all of us defended ourselves from this lack in ways that still hurt us & those we love; 4) **I believe we understand who we are in relationship with others**—& that growth, or change, happens also in relationship with others; 5) **I believe psychotherapy, or counseling, is a safe place to be known relationally**—therapy is a relational conversation of acceptance, exploration, challenge, & growth.

Scheduling Appointments: Appointments are generally made on a weekly basis. Since times are not automatically held open, it is the client's responsibility to confirm the appointment for the following week at the end of the session.

Fees & Insurance: You may pay by cash, check, or credit card. Make checks out to 'Theresa Qualls.' **A 24-hour notice is required to cancel an appointment without incurring charges for the session.** I am happy to provide you with a receipt if

you plan to seek reimbursement from your insurance, but I do not file claims for you. Thank you for honoring me with your story.

Confidentiality: Counseling often involves sharing sensitive & personal information. In recognition of this, ethical guidelines as well as statutory laws of AR require that all interactions between a client & their counselor remain confidential. This includes your records, content of sessions, & our appointment schedule. I will take the utmost care to protect your privacy & confidentiality.

Exceptions: For the vast majority of clients, no exceptions to confidentiality are made. But confidentiality is not absolute. The following is a list of the only exceptions in which I would choose to disclose information regarding a client. 1) If a client requests in writing that information about their counseling be released & shared with a specific individual(s). A 'release of information' form must be completed & signed by the client before this communication can take place. The client can specify what information can (& cannot) be released. These forms are available from me. 2) If a client poses clear & imminent danger to herself or to others, a mental health professional is legally required to report this to the proper authorities for the protection of the individual & the community. 3) If a client discloses that physical or sexual abuse, or neglect has occurred to a) a person who is under 18 years of age, b) an elderly person, c) a mentally incompetent person, the counselor is required by AR law to report this information to the proper authorities.

Contacting Me: You may contact me via phone, text or email. I will check these messages on a regular basis, but ask that you limit contact to appointment scheduling & emergencies.

Emergencies: If you are in an emergency & can't reach me, please call 911 or the national suicide prevention hotline (1.800.273.8255)