

*Ashley M. Nederveld, MA, LPC, SST
Kalamazoo Act Psychotherapy Services
3503 Greenleaf Blvd #201 Kalamazoo, MI
(616) 291-3434*

PROFESSIONAL DISCLOSURE STATEMENT

Description of My Practice: Mental health counselors work with individuals, families, and groups to address and treat mental and emotional disorders and to promote mental health. They are trained in a variety of therapeutic techniques used to address issues, including depression, addiction and substance abuse, suicidal impulses, stress, problems with self-esteem, and grief. They also help with job and career concerns, educational decisions, issues related to mental and emotional health, and family, parenting, marital, or other relationship problems. Mental health counselors often work closely and coordinate with other mental health specialists, such as psychiatrists, psychologists, clinical social workers, psychiatric nurses, school counselors, and the court system (where applicable).

Treatment functions of a Counselor include assessment, planning, implementation and overall evaluation of individual patient needs. I provide session progress notes and compile written assessments of the clients' assets, deficits, and needs at intake and/or annually. The overall goal of the position is to empower clients to have an optimum quality of life satisfaction and to cope with life stressors in healthy ways (e.g., ways that are not destructive or harmful to themselves or others). This is accomplished via individual and group counseling, testing, substance abuse counseling, and crisis intervention. I have accountability for the care, coordination and discharge planning of all clients, as well as to serve as an advocate for the clients and/or client group within and outside of the agency.

Qualifications: I have a Masters of Arts Degree in Counseling Psychology from Western Michigan University. With my Licensure to Practice Counseling (LPC) I am qualified to practice counseling. My formal education has prepared me to work with adults in individual and group counseling.

Experience: In my masters program and under supervision working in my profession, I have experience in counseling adults in both individual and group counseling.

Nature of Counseling: Counseling provides the opportunity for growth and self-discovery in the context of a safe, supportive and therapeutic relationship. The theory that guides my approach to counseling is Person-Centered which means I work collaboratively with the client to explore their feelings for themselves and reach a state of understanding and realization that they can help themselves. I also incorporate Cognitive Behavioral Counseling meaning by working collaboratively with the client to identify how cognitions (i.e., thoughts and beliefs) impact their feelings and behaviors. I work to maintain the client's best interests at heart and maintain confidentiality which is only broken in a few key instances as bound by law. Some of these include client threats or actions to harm self or others, when abuse or neglect of children, elderly or vulnerable

adult is admitted or suspected, and mentioned drug use around minor children. Also in the event that a court or insurance company requires it we are obligated to provide them with the specific information that they need regarding client's file with us. Only information that is germane (relevant) and necessary would be shared and only to the appropriate party(ies).

Fee: Fees are based on our cost to provide services. The client's part of that fee is set up based upon their ability to pay. No one is refused mental health services if he/she cannot pay. There are some substance abuse services which require payment in advance.

For more information contact Kalamazoo Act:

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In the event that a client would like to file a complaint regarding my counseling services, a written complaint should be sent to the following location:

Michigan Department of Licensing and Regulatory Affairs

Health of Professional Licensing
Investigations & Inspections Division
P.O. Box 30670
Lansing, MI 48909
(517) 241-0205

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