

Professional Disclosure Statement

Ashley Gartner, LMHCA

Thank you for allowing me to participate in your mental health care. The purpose of this document is to provide you with information about my background, our professional relationship, and the counseling process in general.

Qualifications

I completed my Master's of Art in Clinical Mental Health Counseling through Wake Forest University in August 2022. I completed my required Master's level internship at Catholic Charities Bloomington, completing it in May 2022. I am pursuing licensure as a Licensed Mental Health Counselor in Indiana.

Supervised Practice

As I pursue my full licensure, I am required by Indiana state law to receive approximately two years of supervised practice. My supervisor will provide me with feedback and support to ensure that I deliver quality care. You can reach them by contacting the office directly.

Counseling Background

During my year-long internship, I worked with diverse populations but primarily focused on anxiety, depression, family conflicts, grief and loss, life adjustments, relationship problems, and stress. My primary approach to counseling is an integration of person-centered (or Rogerian), mindfulness-based, and solution-focused therapies. This eclectic approach looks to create a safe space of unconditional positive regard for the client and balance a mindful awareness, genuine and empathetic therapeutic relationship, and support as you craft solutions for your life. My role is to assist you, offer non-judgmental support on your journey, whatever form it may take, and empower you to make healthy decisions for your life. However, I am not here to give you advice.

Although our sessions may be emotionally and psychologically intimate, please understand that ours is a professional relationship rather than a social one. Maintaining professional boundaries for both client and counselor is vital in the therapeutic relationship, and I will uphold those boundaries to ensure a more positive therapeutic outcome.

Effects of Counseling

The counseling process can be a difficult journey of self-discovery and healing. It can open up levels of awareness that may be painful and cause some anxiety as you work through them. If the work becomes too much for you, we can take a step back and work on a different issue. However, working through this discomfort at your own pace can potentially yield significant personal benefits. You always have the right to refuse to participate in specific therapeutic techniques.

Given the nature of counseling, it is difficult to predict what will happen in terms of outcome or estimate the time required to reach your goals. Clients who are open to the process, consistent

with attendance, and willing to work on their goals outside of sessions tend to benefit most from counseling and experience the most positive change.

Length of service

Sessions are 25-50 minutes each, depending on the situation. The duration of counseling varies among clients depending on their needs and preferences. You may choose to terminate therapy at any time, but I strongly suggest that we have a final session together if you decide to end prematurely so that we can prepare you for and process the conclusion of our work together.

Session Fees

Session fees range based on the type of therapy utilized and the session length. I am not currently able to accept insurance, but I offer sliding fee scale based on what you can afford. I offer a Good Faith Estimate regarding your total expected cost of non-emergency items or services to anyone who requests one. I accept cash, checks, and all major credit cards.

Use of diagnosis

Most insurance companies require a diagnosis of a mental health condition to pay for or reimburse you. Some disorders for which people seek counseling do not qualify for reimbursement. Any diagnosis made will become part of your permanent record and may have ramifications in insurance costs and insurability in the future. If a diagnosis that affects your insurability is appropriate in your case, I will inform you of the diagnosis before submitting it to our billing department.

Confidentiality

I consider my clients' confidentiality of the utmost importance and will keep confidential anything you say as part of our counseling relationship. However, there are a few rare circumstances in which breaking confidentiality may be required:

- a. You give written permission to disclose information to someone else, such as another health professional, insurance company, or family member.
- b. I am ethically bound to report if you are a danger to yourself or others.
- c. I am legally obligated to report information regarding the abuse or neglect of a child, elder, or disabled person.
- d. I am court-ordered to disclose information. In this situation, I will discuss the need for and only release information relevant to the case.

If any of these circumstances apply, I will inform you before releasing any information.

As mentioned above, under "Supervised Practice," I am in training and thus am required to be under supervision. The supervision process may include a discussion of our counseling sessions with my supervisor or professional colleagues. I will make every effort to preserve your anonymity, and you may trust that my colleagues are held to the same standards of confidentiality. All of our communication becomes part of your clinical record and is accessible to you upon request.

Also, if we are utilizing telehealth, this guarantee can only extend to you as long as you keep yourself in a private setting without possible interruptions or people around who could possibly overhear our conversation. I ask that you not email me regarding therapeutic topics, as no one can guarantee that email will remain private. Therefore, please keep email topics to things such as scheduling. If you need to reach out to me regarding something therapeutic, please email me asking to schedule an emergency appointment.

Complaints

If you have any complaints, please contact me directly first. If you feel I have violated the American Counseling Association's Code of Ethics (found here: <http://www.counseling.org/Resources/CodeOfEthics/TP/Home/CT2.aspx>), you may file a complaint against me with the Catholic Charities office at (812) 332-1262. If you are still unhappy, please contact the organization below.

Indiana Professional Licensing Agency
402 W. Washington St., Room W072
Indianapolis, IN 46204
(317) 234-2054
Fax: (317) 233-4236
pla8@pla.in.gov

Acknowledgment and Acceptance of Terms

I have read and agree to these terms and will abide by these guidelines. I understand that I am free to ask questions or raise concerns at any point in the therapeutic process.

Client: _____ Date: _____

Counselor: _____ Date: _____