

Professional Disclosure Statement

Kristopher Polak

Registered Mental Health Counselor Intern

FL License # IMH 23239

K. Polak Counseling

Office Number: (561) 484-7112

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Qualifications:

I hold a master's degree in clinical mental health counseling from Lynn University, a CACREP accredited program based out of Boca Raton, FL. I received my degree in May 2022 upon completion of all CACREP course work in tandem with required hours for practicum and internship. Since 2018, I have worked in a variety of dual-diagnostic and sub-acute mental health settings, including Banyan Treatment Center, AION Recovery, and Northlake Recovery. As of 2023, my case load primarily comes from contract work with Banyan Treatment Center Boca Raton's residential mental health program as well as private clients.

Restricted Licensure:

I am licensed in the state of Florida as a Registered Mental Health Counselor Intern. My restricted license means that I currently maintain clinical supervision with Cassandra Sierra, who is a licensed mental health counselor (LMHC) based out of Wellington, FL. Cassandra can be contacted by phone at (561) 317-1903.

Counseling Background:

I specialize in CBT and Adlerian psychotherapy and have a wealth of experience in treating depressive and anxiety disorders, substance use disorders, and psychotic disorders. I have experience facilitating group therapy sessions with topics that address interpersonal issues, gender-based issues, low self-esteem/confidence, and relapse prevention techniques.

I've been told that I have a warm, empathic approach to counseling. I am intuitive, solution-focused, and strive to always be client-centered. I consider our session to be a safe and dependable space to address your concerns in a collaborative ways. My counseling experience includes individual therapy sessions, marriage and family sessions, group therapy and sport psychology. I support holistic healing and believe that the mind, body, and soul are interconnected and must remain synergistic with one another in order to achieve overall health and happiness. I strive to practice cultural competency and believe that learning is an ongoing process. I've worked with diverse populations throughout my schooling and field experience and I'm confident that no issue is too big or too complicated to address.

Session Fees and Length of Service:

I currently offer 30 or 60 minute sessions which can occur as often as needed. The most common appointment schedules are weekly, biweekly or monthly. We will discuss what best fits your needs and schedule accordingly.

Appointments can be scheduled, changed, or canceled by telephone or email at (561) 484-7112. A 24-hour notice for any changes in your session time is required. A lack of notice cancellation or rescheduling will result in a \$60 fee. Fees are due at the time of service. Currently accepted payment methods include CashApp, Venmo, Zelle, or cash. I do offer a sliding scale and can meet my clients at an agreed upon rate, if needed.

Use of Diagnosis:

I will gather information from a holistic view of the client and the problems they present. I will regularly assess the client throughout the counseling process, especially in the early stages of treatment. Our initial intake process gathers information such as client life experience, work history, interpersonal relationship history, family life and a myriad of additional biopsychosocial factors. We will then dive deeper and discuss specific treatment goals and develop a treatment plan with tailored interventions to fit individual cases. A diagnosis may or may not be determined after the initial intake session. Please note that Insurance reimbursement or coverage for counseling services is not always guaranteed. A diagnosis becomes a part of your permanent record. If this is something that concerns you, please do not hesitate to ask questions.

Confidentiality:

Confidentiality is a critical part of our counseling relationship. As a licensed professional in the state of Florida, I am required to keep a written record of topics discussed during each session. These notes will become a permanent part of your clinical file. All our communication becomes part of the clinical record,

which is accessible to you upon request. Anything you share as part of our counseling relationship in session will be kept confidential, with the following exceptions: (a) you direct me in writing to disclose information to someone else; (b) it is determined that you are a danger to yourself or others; (c) you inform me about situations in which child abuse or elder abuse is occurring; (d) I am ordered by a court to disclose information. In the case of a court order or voluntary release of information, it will only be information that is essential for the desired purpose. I will always do my best to discuss any issues regarding confidentiality upfront. In the event of marriage or family counseling, material obtained from an adult client individually may be shared with the client's spouse or other family members with the client's written permission. Any material from a minor client may be shared with the client's parent or guardian. Please note that as a provisionally licensed counselor, I am required by state law to obtain supervision on a weekly basis from the supervisor(s) outlined above.

Insurance Reimbursement:

For us to set realistic treatment goals and priorities, it is important to evaluate what resources you have available to pay for your treatment. If you have a health insurance policy, it will usually provide some coverage for mental health treatment. I will fill out forms and provide you with whatever assistance I can in helping you receive the benefits to which you are entitled; however, you (not your insurance company) are legally responsible for full payment of any applicable copays and/or deductibles that may apply. It is very important that you find out exactly what mental health services your insurance policy covers.

I encourage any prospective clients to carefully read the section in their insurance coverage booklet that describes mental health services. If you have questions about the coverage, please call your plan administrator. Due to the rising costs of healthcare, insurance benefits have increasingly become more complex. It is sometimes difficult to determine exactly how much mental health coverage is available. Managed Health Care plans such as HMOs and PPOs often require authorization before they provide reimbursement for mental health services. These plans are often limited to short-term treatment approaches designed to work out specific problems that interfere with a person's usual level of functioning. It may be necessary to seek approval for more counseling after a fixed number of sessions. While much can be accomplished in short-term therapy, some patients feel that they require additional sessions after insurance benefits end. You should also be aware that your contract with your health insurance company requires that I provide them with information relevant to the services that I provide to you. Please be aware that I may be required to provide a clinical diagnosis. I am required to provide additional clinical information such as treatment plans or summaries, or copies of your

entire Clinical Record. In such situations, I will make every effort to release only the minimum information about you that is necessary for the purpose requested. This information will become part of the insurance company files and will likely be stored on a computer. Though all insurance companies claim to keep such information confidential, I have no control over what they do with it once it is in their hands. In some cases, they may share the information with a national medical information database. I will provide you with a copy of any report I submit if you request it. By signing this Agreement, you agree that I can provide requested information to your carrier.

Complaints:

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel that I am in violation of any portion of the ACA Code of Ethics.

(<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

Florida Department of Health:

Board of Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling

4052 Bald Cypress Way Bin C-08

Tallahassee, FL 32399-3258

Complaints: 1-888-419-3456

Acceptance of Terms:

We agree to these terms and will abide by these guidelines.

Client: _____ Date: _____

Parent/ Guardian: _____ Date: _____

Counselor: _____ Date: _____