



H a v e n C o u n s e l i n g

ABOUT HAVEN COUNSELING

Haven Counseling is a secular practice that was founded on June 14, 2017. Haven Counseling is a professional licensed limited liability company that is classified as for profit. Haven Counseling believes in helping people realize their strengths and values, helping people grow into the person they aspire to become, to understand and heal from their past, to increase self-insight and awareness, to empower, to provide support, to improve relationships, to facilitate growth and change, and to enhance a person's quality of life. We offer a non-judgmental and safe environment that preserve's a person's dignity and privacy, as well as, protects their confidentiality.

The name Haven was chosen as it represents a safe place, a refuge, an oasis, sanctuary, and to shelter during a storm. Haven Counseling's logo is an olive tree branch as it symbolizes wisdom, peace, success, victory and good health.

ABOUT OUR THERAPIST

Credentials – Amanda Plumb earned her Bachelor of Science in Human Services Counseling and Psychology from Old Dominion University in 2007. Ms. Plumb graduated with honors and earned her Master of Arts in Counseling from Regent University in 2010. During her time at Regent University, Ms. Plumb was a member of Chi Sigma Iota Honor Society and American Counseling Association. Upon graduating with her Masters, she completed the Virginia state required 4000-hour post graduate clinical residency in 2014. Upon taking and passing the Virginia Board of Counseling exam on November 6, 2014 she became a Licensed Professional Counselor in the Commonwealth of Virginia (VA License # 07010059800). Every year, in order to maintain this license, a requirement of 20 hours of continuing psychology education and trainings are to be completed.

Ms. Plumb is a member of the International Association of Trauma Professionals, Virginia Counseling Association, American Counseling Association, American Psychological Association, and the American Academy of Experts in Traumatic Stress and Crisis Management. Ms. Plumb is a Certified Clinical Anxiety Professional (CATP), a Certified Clinical Trauma Professional (CCTP). Ms. Plumb is also a registered Clinical Supervisor of Graduate Students with Regent University and Board-Certified Clinical Supervisor of Counseling Residents pursuing Licensure registered with the Virginia Board of Counseling.

Theoretical Orientation

A theoretical orientation is a counselor's philosophy about how problems develop and how these are resolved or treated. It also informs the counselor's focus in each counseling session, goals of counseling, and interventions you will experience in therapy sessions.

Ms. Plumb's primary theoretical orientation is "Integrative." This theoretical orientation allows the counselor/therapist to apply components of several major counseling and psychological theories tailored to the specific needs of the patient and the patient's goals. Furthermore, Ms. Plumb utilizes a strengths-based approach based upon Rogerian Person-Centered Therapy and Adlerian Therapy.

Ms. Plumb also uses numerous approaches and techniques to include: psychoanalysis, assertiveness training, psychodynamic, motivational interviewing, cognitive behavioral therapy, dream analysis, emotion focused therapy, existential therapy, narrative therapy, family systems approach, attachment-based approach for adults, acceptance and commitment therapy to allow for maximal results based upon the specific needs of the client. Moreover, each of these therapeutic approaches are well established, researched, and respected therapeutic orientation.

Patient/Therapist Relationships

The relationship between you and Ms. Plumb is a professional relationship existing exclusively for therapeutic treatment. This relationship functions most effectively when it remains strictly professional and involves only the therapeutic aspect. Your therapist can best serve your needs by focusing solely on therapy and avoiding any type of business or personal/social relationship. Furthermore, the relationship is a professional one and as such Ms. Plumb cannot socialize with you outside of therapy, as it would be classified as a dual relationship which is unethical according to the Board of Counseling.

Licensing Regulations

The Virginia Board of Counseling regulates all counseling practices. Complaints may be directed to:

The Virginia Board of Counseling
Perimeter Center
9960 Maryland Drive, Suite 300 Henrico, VA 23233-1463
Phone: (800) 533-1560; Fax: (804) 527-4435
E-mail: coun@dhp.virginia.gov

Ethical Guidelines

Ms. Plumb adheres to the current American Counseling (ACA) Code of Ethics (2009), which may be viewed electronically at www.counseling.org. You may also contact the ACA directly at:

American Counseling Association
5999 Stevenson Ave., Alexandria, VA 22304
Phone: (800) 347-6647; Fax: (800) 473-2329 E-mail: www.counseling.org

Ethical “Scope of Competency”

If Ms. Plumb determines the patient has counseling needs are outside the therapist’s scope of competency, Ms. Plumb will make an ethical determination to terminate treatment and refer the patient to at least 3 providers. These providers are only recommendations as the patient has the right to choose their next therapist. Listed below are areas which *Ms. Plumb does not possess the specialization, certification, or license needed to provide which would be unethical to do so these services:*

- Ms. Plumb DOES NOT provide couples/marriage therapy.
- Ms. Plumb DOES NOT provide family therapy.
- Ms. Plumb DOES NOT provide medication management.
- Ms. Plumb DOES NOT provide psychological testing.
Ms. Plumb DOES NOT provide pastoral or Christian counseling.
- Ms. Plumb DOES NOT specialize or treat Autism Spectrum Disorder.
- Ms. Plumb DOES NOT provide substance abuse counseling.
- Ms. Plumb DOES NOT provide sex addiction, porn addiction, or gaming addiction counseling.
- Ms. Plumb DOES NOT provide court ordered counseling.
- Ms. Plumb DOES NOT provide counseling to sex offenders.
- Ms. Plumb DOES NOT provide expert testimony in court.
- Ms. Plumb DOES NOT provide treatment for personality disorders.
- Ms. Plumb DOES NOT specialize in Dialectic Behavioral Therapy (DBT).
- Ms. Plumb DOES NOT specialize in Applied Behavioral Analysis (ABA)

Role of Diagnosis

Ms. Plumb uses the Diagnostic and Statistical Manual-Text Revision (5th Edition) published by the American Psychiatric Association (2014) to assist in coding any diagnosis we may determine to be appropriate to your situation which is also required by health insurance. Diagnosis also serves the purpose of providing a framework upon which we can view your situation and plan for treatment. *If you have concerns regarding the impact of your diagnosis as it can affect your ability to join the military, join Navy SEALS, or obtain/maintain a gov’t clearance etc. please inform your therapist in your first session.*

Can my therapist be my friend? Your therapist is NOT your friend because that would create a “dual relationship” which is unethical in therapy. It is also unethical for a therapist to treat a relative or friend. Furthermore, it is unethical for a therapist to have a sexual relationship with a patient (VA Board of Counseling Statute A.5C).

Can I be friends with my therapist once therapy is finished? No, it is unethical. (VA Board of Counseling Statute A.5C).

Can I ask my therapist personal questions (is she single, married, does she have kids, does she go to church? where does she live etc.)? No. While it is normal to be curious about your therapist, it is a

boundary crossing for you to ask and for your therapist to answer. It would be unethical for Ms. Plumb to “self-disclose” any personal information to you.

Can I date my therapist? No, it is unethical. (VA Board of Counseling Statute A.5C).

What do I do if I see my therapist out at the mall, grocery store, out in the community etc.? If an accidental meeting occurs in the community, Ms. Plumb will not approach you in order to protect confidentiality that you are a patient.

Gifts: Therapists cannot accept or receive gifts. Therapists cannot give gifts to patients or their family members. Therapists cannot participate in school fundraisers, buy girl scout cookies, or purchase any items from patients. (VA Board of Counseling statute A.10.f)

Food/Beverage Gifts: Therapists cannot accept food or beverages from a patient, or patient’s family. This is against the VA Board of Counseling Ethics and is a boundary violation. (VA Board of Counseling statute A.10.f)

Is there an ethical way to gift or thank a therapist/mental health professional? Yes. While therapists do not ever need a thank you. Patients can give to any medical professional an anonymous positive rating on www.healthgrades.com(a website all licensed medical and mental health professionals are listed). A patient may also write a letter or a give a card.

Hugs: Therapists cannot give hugs. Therapists cannot receive hugs. The relationship between a patient and a therapist is a professional one. Otherwise it is against the VA Board of Counseling Ethics and a boundary violation. (VA Board of Counseling Statute A.5C).

Social Media Marketing: Haven Counseling has a website, blog, and professional social media sites for the purpose of psychoeducation and marketing which are open for anyone to follow. Please be aware that she is not permitted to engage in virtual relationships or “follow you back” current (or past) patients through any form of technology or social media sites as it would be unethical. For this reason, Haven Counseling Instagram follows no business or person. This arrangement helps to ensure ethics adherence and protect patient confidentiality.

COUNSELING RISKS

Counseling and psychotherapy are beneficial, but as with any treatment, there are inherent risks. During counseling, you will have discussions about personal matters which may bring to the surface uncomfortable emotions such as anger, anxiety, guilt, and sadness, and shame.

COUNSELING BENEFITS

The benefits of counseling can far outweigh any discomfort encountered at times during the process. Some of the possible benefits are feeling free and happy, feeling at peace, feeling confident, feeling believed, feeling supported, feeling not judged. You may experience new self-insight, loving who you are, understanding your past, finding out the reasons “why” to the questions you have always

wondered, reduced feelings of emotional distress, development of assertiveness, healthy boundaries, and healthy coping skills. We cannot guarantee these benefits, but it is our desire to work with you to attain your personal goals for counseling while going at the pace you want in a non-judgmental and supportive environment.