

LCMHCA Professional Disclosure Statement

Professional Disclosure Statement
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My Qualifications

In 2018, I received my M.A. in Clinical Mental Health Counseling from the Chicago School of Professional Psychology. I currently hold a Licensed Clinical Mental Health Counselor Associate [LCMHCA] license in the state of North Carolina, and I am National Certified Counselor [NCC]. I have been professionally practicing since November 2018.

Restricted Licensure

I am currently pursuing full licensure as a Licensed Clinical Mental Health Counselor in the state of North Carolina, and I may only provide services for clients who reside within this state. As a Licensed Clinical Mental Health Counselor Associate [LCMHCA], I am currently under the supervision of a Licensed Clinical Mental Health Counselor Supervisor [LCMHCS] in North Carolina. I hope you can bring any concerns about treatment to me so we may resolve any questions you may have. If you still have questions or concerns, you can reach my supervisor, Dr. LoriAnn Stretch, at LStretchLPC@gmail.com or 919-215-3896.

Counseling Background

Currently, my counseling experience has focused on substance abuse and outpatient behavioral health population. I am foundationally trained in the dialectical behavioral therapy [DBT] approach to counseling. I also have basic training in Acceptance and Commitment Therapy [ACT] and Registered Behavioral Therapy [RBT] approaches. I also have training and experience offering telehealth services to clients with substance use and mood disorders. My counseling style focuses on individual differences and developmental stages of each client. I believe it is important to demonstrate respect for the client's beliefs, customs, and values. I am especially competent in working with clients from the LGBTQ+ community and consider myself an ally. I continue to strive towards gaining knowledge and building my counseling competence in a variety of therapeutic approaches.

Session Fees and Length of Service

- Counseling session will last 50 minutes.
- If you should arrive more than 15 minutes late, you will need to reschedule your appointment. You are responsible for notifying me should you need to cancel your appointment, reschedule, or will be running late for session. Cancellations or rescheduled appointments should be done so with 24 hours' notice. Missing appointments without notification will result in a \$25 charge.
- The 50-minute therapy session will be billed at \$75. Should client request an 80-minute session to include parent, family, or spouse/partner/significant other session will be billed at \$112.50.

- Payment will be accepted through the Simple Practice Portal. Currently, I am not accepting insurance; however, a copy of your invoice can be provided to you for self-submission/reimbursement.
- Legal proceedings \$250 preparations + \$250 per hour (calculated incrementally)
- Administrative Support (letters, reports, etc.) \$75 per hour (calculated incrementally)

Services Offered and Populations Served

I currently provide telemental health services, such as telephone and video supportive counseling, to individuals regarding issues such as depression, anxiety, grief, stress, sexuality, life transitions, gender, relationships, family, work, and substance abuse.

Telemental health means, in short, provision of mental health services with the provider and recipient of services being in separate locations, and the services being delivered over electronic media. Services delivered via telemental health rely on a number of electronic, often Internet-based, technology tools. These tools can include videoconferencing software, email, text messaging, virtual environments, specialized mobile health (“mHealth”) apps, and others. I currently use Simple Practice and Google Voice to deliver services.

North Carolina Board of Licensed Clinical Mental Health Counselors “has confirmed that it has no separate view per se with regard to the provision of services via electronic means as long as a licensee is practicing in a manner consistent with his/her training and experience, is receiving supervision as is appropriate, and the medium for doing so is not an issue” (Provision of Services via Electronic, Distance Professional Counseling Services, and Supervision, February 2, 2017).

- You will need access to the certain technological services and tools to engage in telemental health services (Internet, web browser, etc.).
- Telemental health has both benefits and risks, which you and I will be monitoring as we proceed with our work.
- It is possible that receiving services by telemental health will turn out to be inappropriate for you, and that you and I may have to cease work by telemental health.
- You can stop work by telemental health at any time.
- You will need to participate in creating an appropriate space for your telemental health sessions.
- I follow security best practices and legal standards in order to protect your health care information, but you will also need to participate in maintaining your own security and privacy.

Although it is well validated by research, telemental health is not a good fit for every person. I will continuously assess if working via telemental health is appropriate for you. If it is not appropriate, I will help you find in-person providers with whom to continue services.

Please talk to me if you find the telemental health is not working for you and you feel you would benefit from meeting with someone in person. **Raising your questions or concerns will not, by itself, result in termination of services.** Bringing your concerns to me is often a part of the process. You also have a right to stop receiving services by telemental health at any time.

Diagnosis

Some health insurance companies will reimburse clients for out-of-network counseling services and some will not. In addition, most require a diagnosis of a mental-health condition and indicate that you must have an “illness” before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis before we submit the diagnosis to the health insurance company. Any diagnosis made will become part of your permanent insurance records.

Confidentiality

All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information.

Except where otherwise noted, I employ software and hardware tools that adhere to security best practices and applicable legal standards for the purposes of protecting your privacy and ensuring that records of your health care services are not lost or damaged.

As with all things in telemental health, however, you also have a role to play in maintaining your security. Please use reasonable security protocols to protect the privacy of your own health care information. For example, when communicating with me use devices and service accounts that are protected by unique passwords that only you know. Also, use the secure tools that your provider has supplied for communications. Another way you can protect your confidentiality is by not participating in online reviews of my services.

Minors

If you are a minor, your parents may be legally entitled to some information about your therapy. I will discuss with you and your parents what information is appropriate for them to receive and which issues are more appropriately kept confidential.

Social Media Policy

I do not accept friend or contact requests from current or former clients on any social networking site (Facebook, Instagram, LinkedIn, etc.). I believe that adding clients as friends or contacts on these sites compromises your confidentiality and our respective privacy. It also blurs the boundaries of our therapeutic relationship. If you have questions about this, we can discuss further during session.

Recording

Any recorded session will only be used for the purposes of clinical supervision and will be viewed by my clinical supervisor(s). The recording will be erased and destroyed after supervisory review or within 60 days. In order for the session to be recorded, both the counselor and the client must consent to the

recording in writing and verbally. Clients should not record or take screenshots without counselor consent.

Risks and Benefits of Telemental Health

Receiving services via telemental health allows you:

- Receive services at times or in places where the service may not otherwise be available.
- Receive services in a fashion that may be more convenient and less prone to delays than in-person meetings.
- Receive services when you are unable to travel to the service provider's office.
- The unique characteristics of telemental health media may also help some people make improved progress on health goals that may not have been otherwise achievable without telemental health.

Telemental health services can be impacted by technical failures, may introduce risks to your privacy, and may reduce your service provider's ability to directly intervene in crises or emergencies. Here is a non-exhaustive list of examples:

- Internet connections and cloud services could cease working or become too unstable to use.
- Cloud-based service personnel, IT assistants, and malicious actors ("hackers") may have the ability to access your private information that is transmitted or stored in the process of telemental health-based service delivery.
- Computer or smartphone hardware can have sudden failures, run out of power, or local power services can go out.

Telemental Health Environment

You will be responsible for creating a safe and confidential space during sessions. You should use a space that is free of other people. It should also be difficult or impossible for people outside the space to see or hear your interactions with your provider during the session. If you are unsure of how to do this, please ask me for assistance.

Emergency Contact and Technology Failure

In the event we lose contact via our Simple Practice video session, these are the following steps you should take:

1. Call my Office/Cell number at 984-664-1940 to continue our session telephonically.
2. If you cannot reach me by phone, email me at lpilcher@outlook.com so we may reschedule your session.
3. If you still cannot reach me and/or are not feeling safe at the time our session has come to an abrupt end, please refer to our written safety plan, call 911, or go to the nearest Emergency room.

Communication

The best way to communicate with me between sessions is via the Simple Practice Portal or Call/Text 984-664-1940. You can expect to receive a response within **24 hours** with exception to Sundays, Holidays, and previously communicated vacation time. I may not always be available to respond immediately.

Conflict of Interest

Due to my current position at the LGBT Center of Raleigh as Youth and Family Coordinator, I will **NOT** accept clients under the age of 25 years old whom may benefit from the services offered by the Center and who live in Wake County or the surrounding area.

Termination

Ending relationships can be difficult. Therefore, it is important to have a termination process in order to achieve some closure. The appropriate length of the termination depends on the length and intensity of the treatment. I may terminate treatment after appropriate discussion with you and a termination process if I determine that the psychotherapy is not being effectively used or if you are in default on payment. I will not terminate the therapeutic relationship without first discussing and exploring the reasons and purpose of terminating. If therapy is terminated for any reason or you request another therapist, I will provide you with a list of qualified psychotherapists to treat you. You may also choose someone on your own or from another referral source.

Should you fail to schedule an appointment for three consecutive weeks, unless other arrangements have been made in advance, for legal and ethical reasons, I must consider the professional relationship discontinued.

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 I am in violation of any of these codes of ethics. I abide by the ACA Code of Ethics (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

North Carolina Board of Licensed Clinical Mental Health Counselors
P.O. Box 77819
Greensboro, NC 27417
Phone: 844-622-3572 or 336-217-6007
Fax: 336-217-9450
E-mail: Complaints@ncblcmhc.org

Acceptance of Terms

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

Client: _____ Date: _____

Parent/Guardian: _____ Date: _____

Counselor: _____ Date: _____