



503 W. Reed St., Upstairs
Moberly, MO 65270
573.575.8191
rebekah.weidenaar@gmail.com
www.sunlightcounseling.com

Professional Disclosure

Purpose of this Document

The following document answers some of the commonly asked questions about the private practice of Sunlight Counseling LLC. Our hope in providing you with this document is that you will be informed about us as therapists, the therapy that we provide, and the policies of our counseling practice so that you can make an informed decision regarding the counseling you desire. Should you decide to receive counseling at Sunlight Counseling LLC, this document will also serve as a therapeutic contract. It is your right to understand the contract completely and have a complete explanation of therapy. If you do not understand something, feel free to ask.

Who am I?

My name is Rebekah Weidenaar and I am a counseling intern. I have been a trainer with the Grace Encounter workshop since 2014 (www.graceencounter.org). The joy of helping people at that workshop led me into the counseling field. I have also lived in other countries for 22 years which gave me a broad perspective and a deep respect for cultural diversity. Although I am a counselor with Christian values, I will respect the beliefs of my clients and work with you towards your goals. Please feel free to ask any questions or to share any concerns with me. We are in this process of healing and growth together.

Education: I received my Master of Arts in Clinical Mental Health Counseling from Grace College in 2020 and my Bachelor of Science in Christian Counseling at Central Christian College of the Bible in 2017.

Licensure and supervision: I am a Provisional Licensed Professional Counselor (PLPC) in the State of Missouri. My supervisor is Donna Burgeson, a Licensed Professional Counselor (LPC), and you may reach her at 573.823.0720.

Approach to therapy: I view each person as unique, created with value, purpose, and desiring relationship. I use an integrated, interpersonal process approach. I do not believe that any one counseling theory is complete in and of itself. Therefore, I use multiple facets from various theories tailored to your individual needs. I do have affinities to Attachment Theory, Emotionally Focused Therapy, Family Systems Theory, and Cognitive Behavioral Theory. These address the impact of your family-of-origin and your life experiences on your thoughts, feelings, and behaviors. They also focus on finding your strengths and capitalizing on them. You are your best change agent and I am here to help you explore, discover, and live from the real you.

Payment for Services Rendered

My fee schedule is listed below; however, the actual amount you pay will depend upon such things as your insurance copayments and deductibles or sliding scale agreements. You will be responsible for charges as outlined in the Appointments, Cancellations and No-Show Policy below.

Fee schedule: Individual - \$60.00 Couples - \$70.00 Family - \$80.00

If you have insurance, the session will be billed for the maximum allowable charge for your insurance. You will be responsible for any associated co-payment. Payment is due at the time of service unless discussed with and agreed upon with your therapist. In the event that a check for services rendered by Sunlight Counseling LLC is returned for insufficient funds, a return check fee of \$25 will be assessed. One attempt at reprocessing the check will be made. If it is returned a second time, you will receive a notice and explanation requesting payment of the check amount plus return check fees. Payment must be received before further services will be rendered.

Appointments, cancellations, and no-show policy: Therapy sessions are 45 to 50-minutes in length and typically scheduled once per week. However, the frequency of your sessions is negotiable, according to your needs. Therapy duration will be determined by your needs and goals. If you have insurance, therapy frequency will most likely be determined by your carrier. If you are unable to come to your scheduled appointment, we ask that you please call at least 24 hours in advance to give the opportunity to schedule other clients in that time slot. Missed appointments for which we received inadequate advance notice as described above may still be billed to the client. After two such instances, the therapist reserves the right to discontinue services.

Therapy interruptions: In the event of the illness of your therapist or an emergency which precludes your therapist from meeting your appointment, you will be notified as soon as possible, and your appointment will be rescheduled.

Liability

Due to the nature of therapy with children, neither your therapist nor Sunlight Counseling LLC is responsible for any accidents that the child might incur on the premises of Sunlight Counseling LLC. We will do our best to assure safety for children and adults. However, we will not be responsible for any medical or other bills acquired due to a child or adult being injured on our premises. **By agreeing to this Treatment Contract, you agree not to hold Sunlight Counseling LLC nor any therapist working for Sunlight Counseling LLC responsible in any way for any accident which may happen to you on the premises.** Children will be allowed to use our Play Therapy Room only during scheduled therapy sessions, and only in the presence of their therapist. **Everyone is to remain in the waiting room until your therapist is able to see you.** This is for everyone's safety and to protect confidentiality.

Complaint Procedure

If you are dissatisfied with any aspect of the counseling process, please inform your therapist so we can determine if our work together can be more efficient and effective, whether a referral would be appropriate or whether we can resolve your complaint in some other manner. If you think that you have been treated unfairly or unethically, and you are not satisfied with our response, you may contact: Committee for Professional Counselors, 3605 Missouri Blvd, P.O. Box 1335, Jefferson City, Missouri 65102-1335 / Ph: 573.751.0018 / Fax: 5573.751.0735 Email: profcounselor@pr.mo.gov / Web: <http://pr.mo.gov/counselors.asp>

Emergencies: If you have an emergency and are unable to contact your therapist by normal means, please call 911.