

Linda Cook Cason, MA LPC NCC
Licensed Professional Counselor
Professional Disclosure Statement

The following information is designed to give you information about the psychotherapy process. Please read and sign at the bottom to indicate you have received this information.

As your therapist, I try to understand you and the difficulties you are experiencing as holistically as possible. That means paying attention to body, mind, and spirit, as well as to the important relationships in your life, and helping you draw upon your resources in all these areas to find the creativity and courage to cope with the pain you are experiencing and make the changes you are seeking.

Whatever the presenting issue that prompts you to begin psychotherapy, together we will explore the underlying dynamics and repeating patterns of mood, thought, emotion, behavior, relational styles, and experiences that form recurring "themes" in your life and collaborate to invite more awareness, more intention, more empowerment, more connection into your life and into your relationships so that you can live more fully the life you have imagined.

Training and Experience

I received my Master of Professional Counseling from Liberty University in Lynchburg, Virginia, in June of 2008 and my Bachelor of Science in Psychology from Judson College in Marion, Alabama, in September of 2003. Prior to my graduate-level internship, I worked in the mental/behavioral health field since 2003 serving adults, adolescents, children and families in the community mental health system in a number of clinical and administrative roles. My training and experience include providing psychotherapy to individuals, couples, families, and groups.

In August of 2010, I completed an intensive, two-year post-graduate residency in Psychodynamic Psychotherapy and Integration of Spirituality and Counseling with Wake Forest University Baptist Medical Center in Winston-Salem, North Carolina. During the residency, women's issues became a focus area for me and my work as a resident included extensive reading and participation in workshops and field experiences in the areas of women's development across the lifespan, the role of women in history and culture, and in women's spirituality.

After completing the post-graduate residency at Wake Forest University Baptist Medical Center, I began private practice in Davidson, North Carolina in August of 2010, where I work with adults, adolescents and children ages 5 years old and up.

Licensure and Professional Affiliations

I am licensed in North Carolina as a Licensed Professional Counselor (NC LPC#7925). I am nationally certified by the National Board of Certified Counselors as a Nationally Certified Counselor (NCC#273737). I am a member of the American Counseling Association and the American Academy of Psychotherapists. I am trained through EMDRIA to provide EMDR in the treatment of trauma.

The Therapeutic Relationship

You and I will form a partnership to help you heal, change, and grow. This partnership is built on mutual trust and respect. My role is to provide a comfortable, safe, confidential place for us to meet, to bring the best of my professional training, and to listen to you with an open mind and open heart. Your role is to be as honest as you can with yourself and with me, to see yourself as part of the transformation process, and to pay for the time I set aside for you. Each of us needs to be committed to exploring what is going on with you – externally and internally –

as truthfully and compassionately as we can. The outcome of psychotherapy cannot be guaranteed, nor can I tell you at outset how many sessions it will take. At the end of our first session, we will decide together if I am the best resource for you. Referrals to other professionals or agencies will be made when appropriate.

Population Served

I serve people experiencing a variety of problems and disorders. I work with individuals who are experiencing anxiety, depression, stressful life changes, family concerns, grief and loss, relational conflicts, and who seek assistance in the areas of self-awareness or problem solving. I work with people who are in the midst of crises as well as those who struggle with chronic concerns. I assist individuals who are working through the aftermath of traumatic experiences. I help individuals and couples that are experiencing dissatisfaction and conflict in their relationships. I facilitate development of co-parenting skills and strategies for couples and/or individuals who have decided to divorce and want to reduce conflict and effectively co-parent their children moving forward. I also work with parents and families who are seeking to improve their relationships and create home environments that nurture and encourage health and wellness.

Theoretical Orientation

I work from a psychodynamic perspective informed by Attachment, Family Systems, Experiential, Reality, Choice, Cognitive-Behavioral, and Solution-Focused Theories. When clinically indicated, I work with couples using Emotion Focused Couples Therapy and Internal Family Systems Therapy. I also use EMDR in the treatment of trauma.

Psychodynamic Psychotherapy

Psychodynamic psychotherapy is an approach to diagnosis and treatment characterized by a way of thinking about both patient and clinician that includes unconscious conflict, developmental deficits, distortions of intrapsychic structures, and internal object relations. The individual is viewed as a whole made up of an infinite number of parts. Each person is unique and uniquely experiences his or her world, yet interconnected through biology, environment, and experience with all others. Although grounded in the individual's personal history, my work is future-oriented with the ongoing goals of inviting healing, creating meaning, development of both healthy relationships and autonomy, enhancing emotional and sexual intimacy, strengthening the will, developing a more powerful sense of agency, and maintaining an openness to creative possibilities – most especially including love. During our work together, we may explore patterns of thoughts and feelings derived from your family of origin that impact your current life and relationships. Within the structure and support of the therapeutic relationship, these patterns become more apparent and conscious, and are thus more easily understood and changed. My role involves collaborating with you to achieve a greater awareness of yourself, to develop more effective patterns of behavior, and to reduce undesirable or troubling emotions and interpersonal conflicts. Feel free at any time to ask me questions about my therapeutic approach and your progress.

Confidentiality

The information you share with me is strictly confidential and will not be disclosed without your written consent. By law, confidentiality is not guaranteed in life-threatening situations involving yourself or others, or in situations where children or elderly persons are put at risk (such as by sexual or physical abuse or neglect). A part of my providing the best care possible to you, I seek regular consultation with professional colleagues. All information shared with colleagues is presented in a manner that keeps your identity completely protected and disguised. I am occasionally asked to testify in court. It is my strong preference not to do so (it is difficult for

you to be honest with me as therapist if you are also wanting me to serve as a character witness]. I will not do so without a judge's order, and I will charge you for all time spent preparing for and appearing in court.

Appointments, Fees and Insurance Payments

Your initial appointment includes a comprehensive assessment and will be 75-90 minutes in length. The fee is \$125 for this initial assessment interview. Individual, couple, and family sessions are 45-50 minutes in length. Longer or shorter sessions may be negotiated according to need and available time. The fee is \$100 per 45-50-minute session. If you are not able to keep an appointment, please notify me 24 hours in advance. Otherwise I will charge you for the missed session. Most health insurance companies will reimburse for my services. I accept cash, bank debit cards, Visa, MasterCard, Discover, and American Express. If you carry mental health insurance coverage and wish to use it for psychotherapy, you should contact your insurance company and bring the following information to the first session: (1) are services covered for Linda Cook Cason (see licensure information above)? (2) do you have a deductible and have you met it? (3) at what rate does your company reimburse for outpatient individual or couples psychotherapy? (4) do you have a co-pay, or do you pay a percentage? This information will help us know what you are to pay at each appointment. Without this information, I will expect you to pay the full fee. Depending on what your plan requires, I will either provide you a receipt for you to file or will file the necessary forms for you. Health insurance companies require that I diagnose your mental health condition before they will reimburse for psychotherapy. For diagnostic evaluation I refer to the Diagnostic and Statistical Manual, Volume 4, Text Revised [DSM-IV-TR] (American Psychiatric Association, 2000). Any diagnosis made will become part of your permanent health insurance records, and I will inform you of the diagnosis I plan to render before it is submitted. You have the option not to use your insurance.

Phone and Emergency Contact

If you need to contact me by phone, please do not hesitate. You will not be charged for phone calls unless our conversation lasts beyond ten minutes. When I am not available, please leave a message on my voicemail. I am usually able to return calls within the day. I check messages once daily on weekends and holidays. If you are unable to reach me in an emergency, your first resource is the emergency room of your closest hospital.

Complaints

If at any time you feel you have been treated unfairly or unethically, please let me know. If talking with me does not bring a satisfactory resolution to the problem, you have the right to contact the NC Board of Licensed Professional Counselors at P.O. Box 1369, Garner, NC 27529, (919) 661-0820.

If you have any questions, please ask them before signing this form. By signing below, you acknowledge that you understand the information above and wish to enter into psychotherapy with Linda Cook Cason, LPC.

Client Signature _____

Date _____

Counselor Signature _____