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Professional Disclosure Statement

Credentials and Work Experience: I hold a Master of Education in Guidance and Counseling from Clemson University. I am a Licensed Professional Counselor (LPC) in North Carolina and my license number is 4287.

I currently have over 16 years counseling experience. I have experience with Public Mental Health Centers, Hospitals, Universities and in Private Practice Settings. I currently work with adults and adolescents dealing with mood disorders, anxiety disorders, adjustment disorders, relationship issues, grief and loss, stress management, survivors of rape, domestic violence, and sexual abuse. My previous experience also includes counseling experience with college students in career services, health education centers, residence halls, and advisement centers. I worked with students who were victims of rape and sexual assault as well as partners of the victims. I also worked with students with eating disorders, mood disorders substance abuse, adjustment and transition issues, relationship difficulties, depression, academic development and skills. Furthermore, I have previously worked with women and their families who are in recovery from substance abuse.

Philosophy and Approach

People come into counseling for a variety of reasons, including making a change in their life or solve a problem, or making a decision. My first step in counseling will be to explore client's feelings and concerns as well as what changes or decisions they want to make. My goal is to work together with a client to identify and develop goals for therapy. I believe for counseling to be effective, clients must make a commitment of time and energy and take an active part in the process, including activities clients may do between sessions. I will incorporate a variety of counseling theories and techniques into treatment, depending upon the needs of my clients. I may draw from Cognitive Behavior therapy, Person-Centered therapy and Gestalt therapy. The techniques I may use are role playing, homework assignments, changing one's language and thinking patterns, confronting faulty beliefs. Other techniques I may use are gathering family data, staying with feelings, unfinished business in the forms of guilt and resentment, and being an active listener for the client.

Diagnosis may be used to identify disruptions in a person's behavior and lifestyle. Once problem areas are identified, the client and counselor can work together to establish goals of therapy. If a client receives a diagnosis, it will be become part of the client's record.

Confidentiality

I place a high value on confidentiality. My professional ethics prevent me from discussing what is said during sessions with anyone other than participants in the process, or from releasing any records without your/their permission. I may participate in peer review and case consultation with other professional therapists who are also bound by the same ethic of confidentiality. I do this so that our collective knowledge may help me provide clients the best counseling services possible. I do not disclose names or details that would allow identification of clients during this process.

There are certain exceptions to confidentiality in state law. If exceptions such as the following apply in a client's case, I may be required to report information without your consent. These exceptions include, but are not necessarily limited to: **Cases involving a threat to yourself or others, cases involving serious offenses such as sexual abuse, child or elder abuse (physical or sexual), or threat to the welfare and safety of yourself or others and cases involving legal action or if court order is received.**

Fees

My private pay fee is \$125 for the initial visit and \$100 for each session thereafter. I accept most major insurances except Medicaid and UBH. I file insurance for you. In the fact that insurance does not reimburse for services, the client is responsible for the fee. I accept cash, credit cards and checks.

Clients have the right to address complaints and grievances to the board at the phone number: North Carolina Board of Licensed Professional Counselors: 919-661-0820. The address is PO Box 77819, Greensboro NC 27417.

Signature:

Client

Signature:

Therapist