



Professional Disclosure Statement

Sarah F. MacReynolds, MSW, LCSW

Lewisville Family Counseling, PLLC • PO Box 267 • 6614 Shallowford Rd Ste 250, Lewisville NC 27023

Phone 336-945-0137 • Fax 336-946-9084 • Sarah@lewisvillefamilycounseling.com

<http://www.lewisvillefamilycounseling.com>

Professional Background

I graduated from UNC-Chapel Hill in 2001 with a Master's of Social Work. During my graduate studies I trained at the Child Guidance Clinic on the campus of Dorothea Dix State Hospital in Raleigh, working with both children adults. I completed 2 years of post-graduate supervision and became a Licensed Clinical Social Worker in 2003 (license #COO4575). In 2012 I completed clinical supervisor training through the National Association of Social Workers (NASW) and successfully passed the exam. I have been a member of NASW since 1999.

Counseling Experience

I have been providing clinical social work services including assessments, interventions, clinical supervision, and counseling in a variety of settings for 15 years. These settings include in-patient psychiatric and outpatient community mental health facilities, as well as outpatient substance abuse clinics. I have worked with groups, individuals, couples, and families. My work has been with both children and adults experiencing a wide variety of mental and emotional issues, including depression, anxiety, substance abuse, domestic violence, adoption/pregnancy issues, ADHD, low self-esteem, trauma, and chronic mental illness. I also helped co-facilitate an adolescent weight management program for several years, designed to help adolescents and their families achieve and maintain a healthier body image, self-esteem, and body weight.

Services Offered

I offer comprehensive clinical assessments, and then tailor the counseling experience to meet the individual needs of the client. I am happy to work with adults, children, couples, and families. For children under the age of 10, I ask that parents and/or families commit to attending the therapy sessions. Although trained from a psychodynamic approach focused heavily on early development, I prefer to primarily use cognitive behavioral techniques, including motivational interviewing and brief therapy. This approach allows us to look at the whole person and focus on the relationship between their thoughts, feelings, and behaviors. I believe in order to best serve children, it is important to focus on the family and therefore I use a systems approach. This approach looks at the children as part of a bigger unit and how that unit interacts and affects each other's behaviors and emotions. I am also a certified group exercise instructor. I feel it is important to have a healthy balance between a person's biological, psychological, emotional, and spiritual needs. Therefore, I am always happy to incorporate spirituality as well as wellness into the therapy sessions.

During the first counseling session I conduct an initial assessment, which can sometimes take 2 sessions to complete. Sessions are scheduled for 55 min. If possible, it is most beneficial to schedule weekly appointments. If that is not feasible, bi-weekly appointments are available. Once treatment goals are achieved, then sessions can become less frequent. My goal is to help patients learn the tools and techniques they need to live healthy, productive lives.

I also provide clinical supervision to provisionally licensed clinicians. At this time, I am able to supervise both LCSW and LPC candidates seeking individual, weekly supervision.

Fees

My customary fee schedule is determined according to the type of service that you receive:

Intake Assessment	\$175
Therapy Session (55 minutes)	\$150
Therapy Session (85 minutes)	\$200
Therapy Session (115 minutes)	\$250

Effective February 7, 2019

Please note that if sessions go over, the over-time will be charged at the rate of \$37.50 at the start of every 15 minutes. This charge is not covered by insurance and will be billed through private payment.

At this time, I accept the following types of insurance: Blue Cross Blue Shield, with the exception of Blue Value. Most insurance companies require a diagnosis in order to reimburse for counseling services. You are responsible for contacting your insurance provider in order to confirm your mental health and/or substance abuse counseling benefits; they will advise you of your benefit coverage including copayments or coinsurance. Generally, since couples counseling is not covered by insurance companies, I only accept private pay for couples counseling. I accept cash, checks, and credit cards. A \$30 fee is charged for all returned checks. Payment is due at the time of service. Due to rising costs and inflation, Lewisville Family Counseling reviews our fee schedule twice per year in January and July, during which a fee increase may take place. **Please note that I do not offer services related to court or custody hearings.** In the event that I am subpoenaed or must appear in court, the fee is \$200 per hour that I would be out of the office (including travel time). Fees for medical records are as follows: seventy-five cents (75¢) per page for the first 25 pages, fifty cents (50¢) per page for pages 26 through 100, and twenty-five cents (25¢) for each page in excess of 100 pages. Lewisville Family Counseling may impose a minimum fee of up to ten dollars (\$10.00), inclusive of copying costs. A fee equivalent to my hourly rate (\$150 per hour) may be charged for researching and writing a summary of a medical record.

Cancellations

If you must cancel an appointment, please do so within 24 hours notice. If an appointment is cancelled late, that is with less than 24 hours notice, a **late cancellation fee of \$50 will be charged**. If you utilize insurance, please note that insurance does not cover late cancellations and so you will be responsible for the full late cancellation fee. If you miss an appointment without calling to cancel, your future appointments may be canceled.

PLEASE INITIAL _____

Termination of Counseling/Discharge

Please advise your therapist or the administrative assistant if you no longer wish to continue with treatment. After a period of sixty (60) days with no contact from you, your therapist will terminate the therapy contract and discharge you from services at that time. You may call the office at any time to resume services, at which time a new intake packet can be completed.

Inclement Weather

In the case of inclement weather, please use your discretion about whether or not to travel to your appointment. If you choose to cancel your appointment, please call the office and leave a message. If we have not already contacted you and you need to find out if the office will be closed due to inclement weather, you can call the office at 336-945-0137, check our website at <https://www.lewisvillefamilycounseling.com/InclementWeatherInformation.en.html>, or e-mail your counselor.

Confidentiality

The information discussed in your sessions is considered confidential, which means that I will not share that information with others unless you provide your written permission for me to do so. There are, however, limits to confidentiality in which I may be obligated to break confidentiality. These situations include:

- Child or elder abuse or neglect
- Danger to the client or identified others
- Danger of contagion of life-threatening diseases
- A court order for disclosure
- Involvement of a DSS worker or guardian ad litem
- A request for information from the parent of a minor child

Security and Privacy with Electronic Communication

E-mail and texting can often be convenient methods of communication. When you register online as a client with Lewisville Family Counseling, you will have an option to receive appointment reminders via text or e-mail. Please be aware that e-mail and text are not secure methods of communication and keep this in mind if you choose to provide us with an e-mail address and phone number and choose to communicate by these means. By providing Lewisville Family Counseling with an e-mail address and cell phone number (on this form and/or in the electronic medical record), you are agreeing to receive e-mail and text communication from us.

I do do not give permission for Lewisville Family Counseling staff and contractors to e-mail me at the following address(es):

I do do not give permission for Lewisville Family Counseling staff and contractors to text me at the following phone number(s):

I do do not give permission for Lewisville Family Counseling staff and contractors to leave a voicemail for me at the following phone number(s):

Professional Relationships/Social Media

The counseling relationship is different from any other kind of relationship. Because a counselor is not a friend, family member, or other personal relationship, it can be a safer relationship in which to discuss very personal matters that may be difficult to share with others who are close to you. Therefore, it is important to protect the boundaries of the professional counseling relationship. In order to protect your boundaries and the confidentiality of the professional relationship, I do not connect with clients on social media.

Diagnosis

The counseling relationship begins with an assessment, in which information is gathered about your symptoms, strengths, problems, and relevant history. Part of that process can include determining an accurate mental health and/or substance use diagnosis, which would become a permanent part of your medical record. The diagnosis is not a label but is helpful in determining the most appropriate course of treatment for your particular needs. At your initial session, I will complete an assessment in order to help determine the most appropriate course of treatment.

Code of Ethics

Ethical conduct is vital in the field of counseling. As a clinical social worker and supervisor, I follow the Code of Ethics for the National Association of Social Workers (NASW) as well as the North Carolina Social Work Certification and Licensure Board Ethical Guidelines. These Codes of Ethics can be accessed from the websites at:
<https://www.socialworkers.org/pubs/code/code.asp> and <https://www.ncswboard.com>

Complaints

If you are not satisfied with any part of the services you receive from me or if you have a complaint, I encourage you to discuss this with me. If we are unable to resolve a complaint or if you wish to contact the LCSW Board directly, you can contact the North Carolina Social Work Licensing Board at P.O. Box 1043, Asheboro, NC 27204, or 336-625-1679.

Sarah F. MacReynolds, MSW, LCSW Date

Client Printed Name

Client Signature Date

Parent/Guardian Printed Name

Parent/Guardian Signature Date