



R. W. (Bill) Buck, Jr, MEd, LPC NCC, BCPCC - Relationship Counselor

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CLIENT DISCLOSURE STATEMENT (Information and Consent)

I am pleased you have selected me as your counselor. I designed this document to inform you about my background and to ensure that you understand our professional relationship. Please read the entire statement and ask questions if you do not understand something.

CREDENTIALS

I hold a Master of Education degree (M.Ed.) granted by North Carolina State University in December 1989. I received Registered Practicing Counselor's certification (NCRPC #612) on January 1, 1993, and Licensed Professional Counselor (NCLPC #612) status on July 1, 1994 from the State of North Carolina, National Board of Certified Counselors certification (NCC #30571) in April 1993 and certification by the International Board of Christian Counselors (BCPCC #0162) on October 2, 2006. I have been working as a professional counselor since September 1989.

COUNSELING SERVICES OFFERED AND THEORETICAL APPROACH

Many people find themselves with problems beyond their own solutions. Counseling is a supportive relationship to sort out problems, seek solutions, and make decisions. Through counseling, people can come to a better understanding of themselves and can improve their relationships with others.

I see the goal of counseling as the empowerment of the individual to live his or her life to the fullest while staying within the framework of a self-selected value system. The counseling process is here to define the problem(s) and draw out a solution(s). No long-term quick fixes nor miracle cures of psychology for problems normally occur with the counseling process. I hope clients will realize independent confidence and the attainment of unconscious competence in the work of living.

I offer counseling services in several areas. Relationships work, emotional rehabilitation, sexual abuse survivor issues, spiritual issues of a Christian nature, cardiovascular disease patient issues, and stress management. (Relationships work can include spousal issues, communication, conflict resolution, gender conflict, parental-child conflict, and co-dependency issues.) The clients, with which I work, are psychologically and emotionally "healthy" and seek counseling for difficulties due to normal life events. I do not take clients whom, in my professional opinion, I cannot help using the insights, skills and techniques available to me.

I take an eclectic educative approach to counseling and will expect you to learn new skills along the way. I have derived my approach from the work of Dr. Jay E. Adams, Nouthetic Counseling, which seeks to effect personality and behavioral changes which meet biblical standards by the work of God in the person so the person no longer hurts him/herself. I also

use the work of Drs. Aaron Beck and Donald Michenbaum, Cognitive Behavioral Therapy, which emphasizes the effects of private thoughts such as cognitions, beliefs, internal exchanges, and resulting feelings and performance. I have included parts of other theories and techniques as well.

We will need to state your goals and set an orderly approach to realizing those goals. While goals vary in kind and value, the process of achieving them is part of the work we do in counseling. The process may involve the changing of your thoughts, feelings and behaviors. Your works will be both in and out of the counseling sessions. You cannot be a passive recipient. I may ask that you do homework assignments, exercises, journals, or projects. Occasionally quick changes occur but more often slow changes occur. The hardest changes will be those that are slow to form and take hold. The slow and hard changes usually pay the greatest dividends. We will need to write your goals so we both understand them and critically check to see if counseling is meeting the goals. From the goals, we can design a treatment plan to achieve those goals. If counseling is not meeting the goals, we will adjust the plan or modify the goals.

Both benefits and risks can be associated with counseling and therapy. Risks might include experiencing uncomfortable levels of feelings like sadness, guilt, anxiety, anger, confusion, or frustration. Some changes may lead to what may be worsening circumstances or even losses (for example, counseling will not necessarily keep a marriage intact.) Please note that guaranteeing any specific result regarding your counseling goals is impossible. However, together we will work to achieve the best possible results for you.

CONFIDENTIALITY

I regard the information you share with me with the greatest respect. I want us to be as clear as possible about how I will protect information. Specifically, I will tell no one what you tell me. The privacy and confidentiality of our conversations and my records are a privilege of yours. By that privilege, state law and my profession's ethical principles protect confidentiality, in all but a few circumstances. In the following three circumstances, I cannot guarantee confidentiality, legally and/or ethically: (1) when I believe you intend harm to yourself or another person; (2) when I believe a child or an elder person has been or will be abused or neglected; and (3) when I believe you intend to break a law of the city, county, state or country. In rare circumstances, a Judge can order Professional Counselors to release information. Otherwise, I will not tell anyone anything in any form about your treatment, diagnosis, history, or even that you are a client, without your full knowledge and usually a signed "Consent Form for Release of Client Information."

EXPLANATION OF DUAL RELATIONSHIPS

Although our sessions may be very intimate psychologically, realizing that we have a professional relationship, rather than a social one, is important. Our contact will be limited to sessions you arrange with me. Please do not invite me to social gatherings, offer me

presents, or ask me to relate to you in any way other than in the professional context of our counseling sessions. I will best serve you while I am seeing you for counseling and therapy if our relationship stays strictly professional and if our sessions concentrate exclusively on your concerns. You will learn a great deal about me as we work together during your counseling experience. However, remembering that you are experiencing me in my professional role is important for you. I assure you that I will render my services consistent with accepted professional and ethical standards.

APPOINTMENTS AND LENGTH OF SESSIONS

All sessions are by appointment. Individual counseling sessions are 50 minutes in duration. Group counseling sessions are generally 90 minutes in duration. We will schedule our sessions for our mutual agreement. If you are unable to keep an appointment, please call to cancel or reschedule at least 24 hours in advance. (A message left on my answering machine will suffice if you leave the time and date of your cancellation.) If I do not receive such advance notice, you will be responsible for paying for the session you missed. Two no-shows for scheduled appointments will be considered a reason for premature severance of the counseling relationship.

FEES AND METHODS OF PAYMENT

In return for fees as listed below, I agree to provide counseling services for you. I prefer that you pay in cash or by check at the end of each session unless we have agreed on other arrangements. Cash will be required if as many as 2 checks are returned without payment by your bank. I will give you a copy of your "Client Session and Payment Form" at intervals to meet your needs, upon request.

Service:	Duration:	Fee:
Individual Session	50 minutes	\$ 110.00
Telephone Counseling	5-30 minutes	\$ 55.00
	30-50 minutes	\$ 110.00
Group Session (per client)	90 minutes	\$ 50.00

The first session for each client is at no cost to the client. This provides you the opportunity to evaluate whether you want to work with me and I with you. In proven financial hardship, we can arrange for a sliding scale adjustment of the fee if sufficient counselor resources allow a lower payment. The sliding scale ranges from \$50 to \$110. We will discuss the sliding scale amount and come to a mutual agreement. I often suggest psychological evaluation instruments. I post the fees for these instruments in my brochure and office.

BILLING AND INSURANCE REIMBURSEMENT

Feel free to seek reimbursement for my services from your health insurance or employee

assistance program. I will be happy to complete any forms related to your reimbursement provided by your insurance company or employee assistance program. I prefer that you pay the full amount at the end of each session and the reimbursement be returned directly to you. If this will not work for your particular circumstances, I will work out a payment plan that will allow you what you need.

Some insurance companies and employee assistance programs will reimburse clients for my counseling services and some will not. Those that do reimburse usually require that a standard amount be paid by you before they allow reimbursement. Usually, only a percentage of my fees are reimbursable. You must contact a plan representative at your employer to determine whether your insurance company or employee assistance program will reimburse you and the schedule of reimbursement used. Please remember that you are responsible and not your insurance company for paying the fees agreed upon.

Insurance companies and employee assistance programs often require that I diagnose your mental health condition and indicate that you have an "illness" before they will agree to reimburse you. In the event they require a diagnosis, I will inform you of the diagnosis I plan to render before I submit it to the insurance company or employee assistance program. Any diagnosis made will become a part of your permanent insurance or employee assistance record.

COMPLAINT PROCEDURES

If any aspect of our work dissatisfies you, please inform me immediately. This will make our work together more efficient and effective. If you think that you have been treated unfairly or unethically, by me or any other counselor, and cannot resolve this problem with me, you can contact the North Carolina Board of Licensed Professional Counselors at Post Office Box 1369, Garner, North Carolina 27529, (919)661-0820, or the website at www.ncblpc.org, for clarification of clients' rights as I have explained them or to lodge a complaint.

You may learn more about me from my brochure. If you have any questions, feel free to ask. Please sign and date this form, indicating that you understand and accept the information herein (pages one through 4). After I have copied page 4, I will return this CDS to you. I will retain the copy of page 4 in my confidential records.

R. W. Buck, Jr., M.Ed., L.P.C.

Client's Signature

Date

Date