



Disclosure Statement

Welcome to the counseling process. In order for you to get the most out of this process, my goal is to create a safe place where you can openly explore yourself. Our counseling sessions will remain private, unless I learn that someone is a danger to self/others, someone is/has abused or neglected a child, or I am served with a court order. Besides these three exceptions, no information will be released without your written approval.

My duty is to honor and care for everyone regardless of their background. This being said, if my actions do not match up to this statement please bring it to my attention. I pursue the counseling process in which allows individuals to reflect on and become aware of their way of thinking. For example, I may ask clients to try to be mindful of their thinking patterns and I may even challenge these thoughts and feelings right in the counseling session. I have completed all needed coursework to obtain an M. A. in Counseling Psychology from Western Michigan University and I intend to bring my years of education into our counseling sessions. In order to complete my degree requirements, I am now working as an intern level clinician to fulfill the rest of my degree requirements. Since I remain at intern level status, Jacob Tracy the other clinician at Real Life Counseling will oversee my sessions and offer guidance as needed. I plan on scheduling directly with you for a weekly 50 minute-session, but I am open for change as our sessions unfold. I expect payment in full at the end of each session, unless other terms have been made. My fee is 110.00/hour, but a sliding fee based on income is available. While I expect our sessions to be helpful to you, if at any time you have any concerns about the counseling, I would appreciate if you bring them to my attention and I will do my best to respond to them with proper adjustment or referral to another qualified professional if necessary. However, if you remain dissatisfied, or believe that I have acted unethically, illegally, or unprofessionally, you may write the Michigan Board of Counseling, Michigan Department of Commerce, P.O. Box 30018, Lansing, MI 48909, telephone (517) 373-1737.

Though all intentions are meant to be helpful to you, there are several risks when joining the counseling process. The risks include at least brief upset of close relationships, the facing of strong emotions, and possible questioning of thoughts. The benefits include developing an acceptance to your thoughts and also in problem-solving abilities. If you have any questions about this statement, I welcome you to discuss it with me at any time. In conclusion, I celebrate those from other ethnic, cultural, and religious background than my own, and look at these sessions as times for my own growth and progress as a person and a professional counselor.