

## **Privacy Practices: Disclosure Statement**

Welcome to the practice of Julie Grimm, MS, PCLC. I want your counseling experience to be one that you can engage in and feel safe and comfortable doing so. In that effort, I will begin by giving you important information about counseling that may impact your experience. If you have any questions or concerns regarding this information, please feel free to discuss them with me during your first session or any time after that. I am a provisionally licensed counselor working under the supervision of. I subscribe to the guidelines and standards of this profession's governing boards and adhere to the ACA Code of Ethics. I do not discriminate based on race, socioeconomic status, color, sex, gender, national origin, disability, religion, age, or sexual orientation. I am provisionally licensed and therefore am required to participate in regular supervision.

My primary approach to counseling is through an Existential lens which embraces the idea that all humans seek to find and create meaning in their lives. It also recognizes life is challenging. In alignment with Existentialism, I believe that the individual is impacted and influenced by their interactions and experiences and that it is important to embrace the fluidity of life (van Durzen & Adams, 2016). In addition to Existentialism, Mindful Self Compassion. Emotionally Focused Therapy are both used as therapeutic interventions. When you come to counseling you will share your concerns and together we can identify goals for counseling.

The therapeutic relationship is paramount to the efficacy of counseling, together we will build a unique relationship. Given the nuances of the therapeutic relationship, it is essential that you know what to expect. I will make a diagnosis. Should you opt to use your insurance for payment, the diagnosis will be submitted to your prescriber insurance. Diagnosis has both positive and negative implications. If you have questions or concerns regarding the potential

implications of having a mental health diagnosis, please don't hesitate to discuss these concerns during your intake session. The outcome of your treatment depends largely on your willingness to engage in the process. Often, counseling can bring up uncomfortable or painful memories. Engaging in the process can be vulnerable, and uncomfortable and sometimes things get worse before they get better. My role is not to "fix" you or provide solutions but rather to provide a space for you to safely explore your experiences and the associated emotions. There are no miracle cures and I can make no guarantee of results. I do commit to supporting you. I will discuss your diagnosis and including you in making plans for treatment. You have the right to obtain information about your records at any time.

Information and experiences shared in counseling are confidential and protected by the regulations of HIPPA. Living in small communities can result in seeing one another outside of the counseling office. Your confidentiality and your right to privacy are of utmost importance to me so I will not initiate a conversation or acknowledge you unless you first acknowledge me.

Your safety is paramount. Some situations require a break in confidentiality. If I believe that you are at risk of harming or killing yourself or others. I am not available for after-hours emergencies. Any messages left may not be heard until the following week, and I make it a practice not to check emails or voicemails over the weekend. Resources are available and a list of agencies and their contact information will be provided.

Sessions are 50 minutes long. Please arrive on time for your counseling session. Policies on late arrivals, cancellations and payment will be provided at intake.