



Plenty and Grace, LLC
Banner Consulting and Counseling
Professional Disclosure Statement
Tracey R. Frink LMFTA
MS in Counseling, Couple and Family Therapy
Certified Equine Assisted Mental Health Provider
EMDR, Sex Therapy

This disclosure statement is a requirement of my licensure board and is provided to assist you in understanding our professional relationship.

I received my Master of Science Degree in Counseling specializing in Couple and Family Therapy from Prescott College, Prescott, AZ (2015). I also received a Post-Graduate Certificate in Equine Assisted Mental Health. I am currently enrolled in training as a Sex Therapist at the Institute for Sexuality Education and Enlightenment (ISEE). My previous training and education includes a Masters of Divinity (1995) from Central Baptist Theological Seminary, Kansas City, KS focusing on Pastoral Care and Counseling and Theology from a Native American Perspective. I have a Certification in Supervision of theology students from Andover Newton Theological School.

In my over 30 years of counseling and mental health work, I have had the privilege of helping many people find wholeness and healing. I see men and women, adults and families. I do individual, marital, pre-marital, group, family and multi-family therapy. I have experience treating many different life challenges and relationship issues.

In helping people, I take a Systems approach which means that I believe a significant change in one person can have a ripple effect of change for the client's different relationships. I also believe that a Cognitive (thought process) approach coupled with Behavioral changes is effective for many clients. I use a variety of techniques including, but not limited to the following: genograms (mapping family relationships), assessment tools, role-playing, and cognitive restructuring (learning how to think differently), Equine Assisted Interventions, trauma focused EMDR (eye movement desensitization and reprocessing), and somatic awareness. Should you choose to complete an assessment, it will become part of your permanent record as well as any diagnosis if required for treatment. Generally, all sessions will last 45 minutes. Fees are set as standard session reimbursement. Intake session is \$245 and every session after that is \$230 for couple/family and \$180 for individual treatment. When insurance is approved, you are expected to pay the deductible or co-pay before each session. For those clients without insurance or the ability to pay full fee, an adjustable scale is possible for a limited number of clients. Please contact me if you are not able to keep a scheduled appointment. Failure to provide 24 hour notice of a cancellation may result in a no-show fee of \$50.

I have a legal duty to keep our time together in the strictest of confidence so that you are able to share your emotions or concerns, and to reveal personal information with the assurance of both safety and privacy. However, I want you to understand that there are certain circumstances in which this agreement of confidentiality may be broken:

- a. If I believe that you intend to take harmful or criminal action against another person or against yourself; it is my **legal duty** to protect persons in danger through contacting appropriate agencies or individuals.
- b. If there is any suspicion of recent or current child or elder abuse, or domestic violence, it is my **legal duty** to report the abuse to appropriate social agencies to protect those being harmed.
- c. If a court issues a subpoena for me to give testimony, it is my **legal duty** to comply to a direct court order.

If at any point in our relationship, you are dissatisfied with me or my behavior and wish to file a complaint, you may do so according to the American Counseling Association's (ACA) Ethical Guidelines. You should attempt to resolve your complaint with me directly, and if this is not successful, please discuss this issue with me directly. If you are still not satisfied with the results, you may place your concerns in writing, citing the ACA ethical codes you believe to have been broken, and submit them along with a completed NCLMFT Complaint Form to the NCLMFT board. Mail your complaint to North Carolina Board of Licensed Marriage and Family Therapists, PO Box 5549, Cary, NC 27511. You can also find more information at <http://www.nclmft.org>

Client Name (print)

Date

Client Signature

Counselor Name

Date