



Professional Disclosure Statement

Chase Salmons, LCMHC

336.914.3038, Ext. 701 | office@redfishcounseling.com

Thank you for considering me as your counseling provider. I'm excited to start working with you. Below, you will find an outline of my training, information about my counseling work and session structure, and other important details.

Background & Qualifications

I am a Licensed Clinical Mental Health Counselor (LCMHC #12493). This license means that my work meets state and national standards of clinical effectiveness and adherence to ethical commitment. I have been providing professional counseling services since June of 2016, after completing my MA in Counseling at Wake Forest University.

Counseling Approaches

In my clinical work, I rely on client-centered approaches. These include: Motivational Interviewing, Cognitive Behavioral Therapy, Narrative Therapy, Solutions-Focused Theory, and others. I provide services at Redfish Counseling (RFC) to teens, families, and adults with a variety of concerns – including adjustment, mental health, and/or substance use issues.

I am also an Eye Movement Desensitization and Reprocessing (“EMDR”) trained clinician, and provide EMDR Therapy for clients who are seeking relief from trauma, negative belief patterns, anxiety, phobias, depression, and many other things.

For couples who are in the process of preparing for marriage, I offer Premarital Counseling services through a model called “Prepare/Enrich.” This model follows a process of assessment, feedback, and using new skills to help couples better understand themselves, their partners, and their relationship. Studies indicate that Prepare/Enrich can help engaged couples predict with up to 85% accuracy whether they will experience marital satisfaction up to three years after getting married.

Session Fees & Length, and Insurance

Fees for services are set by RFC. For more information on RFC private pay rates and insurance billing, please refer to the Practice Policies and/or RFC Standard Service Rates documents in your client portal.

Typically, a first session for a new client lasts about 60 minutes. Individual and family sessions are usually 53-57 minutes long. Group session lengths may vary based on group structure. Sessions may have additional time added to them in advance (up to a total of 120 minutes), and are billed for each additional 30 minute interval.

Any outside and/or adjunct services I provide may have related fees applied to them, per RFC policies. For example, while attending or testifying in Court is not a goal of counseling, fees for this service will be charged if court attendance or testifying is required.

I do not provide the following services:

- DWI assessments
- Custody evaluations
- I reserve the right to deny the provision of additional outside services based on clinical and professional discretion

Client Record and Confidentiality

After our first session, your RFC client record will be created. Depending on whether you choose to seek reimbursement through your insurance company, this client record may include a diagnosis (which we will discuss). Most insurance companies require a diagnosis of a mental health or substance abuse condition before they will pay for any services. RFC follows Federal Confidentiality requirements as outlined by HIPAA.

Confidentiality of your participation in therapy and content of therapy sessions may be waived in the following situations:

- you or your legal guardian directs me in writing to disclose information to someone else;
- I or other RFC staff determine that you may face imminent risk of harm to self or others;
- there is indication of child or elder abuse; or
- I am directed by court order to disclose information specific to the court order.

When conducting couples and/or family sessions, I consider it unethical for me to “keep secrets” from other family members or partners involved in joint counseling, unless disclosing certain information may impact someone’s physical safety. While I may be open to discussing sensitive concerns on a case-by-case basis, I will follow up on such concerns by encouraging that they be addressed in later sessions with all parties present. A refusal to do so may result in ineffective therapeutic work and a need to reevaluate further counseling goals, and/or possible referral.

Outside Relationships & Electronic Communication

Ethical and legal codes prevent me from engaging in any relationship with clients other than professional (including personal social media connections). Our time together will be most valuable if viewed as a working relationship. If we happen to see each other outside of counseling, I will not acknowledge or approach you. This is to protect your confidentiality and privacy. You may approach and interact with me in public if you would like to. I will not discuss clinically-related information with you in public, and may choose not to introduce you to others I am spending time with in the situation. This also protects your privacy and helps ensure counseling work stays effective in session. The use of electronic communication may be needed or preferred in some instances. These methods include phone (voice and text), email correspondence, and telehealth sessions. While these forms of communication are very efficient, I cannot guarantee that all electronic communications are entirely secure, and am not responsible for potential breaches of privacy that may result from your use of any digital or electronic correspondence. The “Practice Policies & General Informed Consent” document in your portal outlines RFC practices regarding electronic communication in more detail.

I do not provide after hours or emergency contact support through RFC. RFC provides clients with a list of emergency resources in the RFC Practice Policies, and on our website at

“<https://www.redfishcounseling.com/faq>” (click the “Crisis Resources” button at the bottom of the page). I recommend that you become familiar with these resources in the event of a situation where urgent assistance is needed.

Complaint Procedure

In the event that any part of our work together creates cause for concern or complaint, please inform me immediately. I try to address any concern that clients voice as quickly and effectively as I possibly can. You may discontinue sessions with me at any time or request a referral, which I will be happy to assist you with. If you believe that I am in violation of the current ACA code of ethics at any point

(<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>), you may:

- **Contact RFC to discuss your concerns:** Redfish Counseling, 1022 W 1st St, Ste 203, Winston-Salem, NC 27101
Email: office@redfishcounseling.com Phone: 336-914-3038
- OR -
- **File a complaint with the organization below:** North Carolina Board of Licensed Professional Counselors P.O. Box 77819, Greensboro, NC, 27417 Phone: 844-622-3572 or 336-217-6007 Fax: 336-217-9450 E-mail: Complaints@ncblpc.org

Acceptance of Terms

I, _____ agree to the terms of this Disclosure Statement and to abide by these guidelines.

(print name)

Client Signature _____ Date _____

Parent/Guardian Signature (if client under 18) _____ Date _____