

Professional Disclosure Statement

Inman Park Counseling

Thomas Keith Hill PhD, LPC, NCC

QUALIFICATIONS

I received a Ph. D. in Clinical Mental Health Counseling in 2013 from the University of North Carolina at Charlotte. I have been a Licensed Professional Counselor since June 1, 2007 (GA license # LPC007578). I have been a National Certified counselor since March 22, 2006 (certificate # 207695). I am a current member of the American Counseling Association and the Licensed Professional Counselors Association of Georgia.

COUNSELING APPROACH

Recovery from mental and emotional problems involves change. My approach to change is based on understanding how we develop as children and adults, how thoughts, emotions, and behavior work within us, and how our brains work to either keep us sick or make us better. This approach begins with unconditional positive regard and a trusting, acceptant relationship. I believe in providing support and validation, while exploring the factors needed to bring about positive change. My approach emphasizes personal empowerment, cognitive and emotional awareness, learning skills for understanding and handling emotions, learning skills for social effectiveness, and finding new meanings in personal histories. Because this approach comes out of an evidence-based understanding of how change happens, it is beneficial for a range of problems.

TREATMENT AND SERVICES

I provide adult counseling specializing in post-traumatic stress, depression, and anxiety. Post-traumatic stress may stem from recent trauma, from traumatic childhood events such as sexual, physical or emotional abuse, or from prolonged adult events such as ongoing domestic abuse. Depression may have begun recently, it may come back repeatedly when you think you have overcome it, or it may be of such long duration that you don't remember ever having felt good. Fear from anxiety may seem like a constant partner in every situation, it may occur mostly in social situations, it may sometimes spike into panic attacks, or it may chain your life with obsessive and compulsive thoughts and behaviors. However you view your struggle, I am happy to discuss your treatment needs and discuss how I might be able to help you. I have an ethical obligation to refrain from

offering treatment to someone whose needs fall outside my training and experience, or whom I conclude I cannot help. This means that, if we consent to work together, we can do so with hope and optimism.

TRAINING AND EXPERIENCE

I have treated severe anxiety and depressive illnesses, trauma from childhood and adult abuse, sexual abuse, and sexual assault, Bipolar Disorder, and psychotic disorders. I am trained in Motivational Interviewing, Emotion Focused Therapy, Solution Focused Therapy, Dialectical Behavior Therapy, and Cognitive Behavior Therapy. My most valued experience comes from years of treating severe and persistent mental illness: illness which has lasted a long time and had a severe impact on a person's ability to live normally.

LENGTH OF SERVICE

Counseling is an individual process, and success is measured in individual terms. My hope is to make counseling as brief as necessary to meet your goals, while making sure that you feel supported and accepted. Your goals are of primary importance, and you must decide when they have been sufficiently met. No guarantee can be made regarding specific outcomes or time needed to achieve goals. Growth comes with certain risks. These can include feeling difficult emotions, discussing painful experiences, and experiencing confusion about beliefs and assumptions. You may choose to end counseling with me at your discretion.

SESSION FEES

My fee is \$145.00 per session. Each session is made by prior appointment and will typically last 50 minutes. Fees are payable at the time of service or in advance by cash, check, and credit card. Missed appointments are charged full price unless one full business days' notice is given by phone or email. I do not bill insurance companies but can provide you with statements for making a claim to you insurance company. Further details regarding financial arrangements and billing are provided in the Billing and Payment Agreement, which requires your signature.

USE OF DIAGNOSIS

Ethical practice requires that I conceptualize your treatment in terms of a valid treatment diagnosis. This may not always seem relevant to you personally. My belief and experience indicate that great benefit and empowerment can be found in understanding a diagnosis. Health insurance companies will require that a diagnosis of a mental-health disorder be submitted to them in writing before they will reimburse a claim. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will discuss it with you before you submit a claim to your health insurance company. Any diagnosis made will become part of your permanent insurance records.

CONFIDENTIALITY

All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information. There are further limits to confidentiality which are detailed in the Notice of Privacy Practices, which requires your signature.

CULTURAL SENSITIVITY

My goal is to relate to you at all times without bias or prejudice. I welcome any opportunity you provide me for better understanding the unique way you identify yourself culturally. I will not discriminate on the basis of race, ethnicity, sexual orientation, gender identity, age, cultural or national identity, faith practices, economic or education background, marital status, health or physical disability, mental status or disability, or criminal history. I will act in accordance with all state, federal, and local laws and regulations regarding discrimination.

CONCERNS

We will periodically review our work together to make sure we are on the right track. You may offer your concerns and questions about treatment at any time, and I will listen openly and supportively. I will make a good faith effort to resolve any concerns you may have. Either of us can suggest a referral to another mental health provider on the

grounds that we have made all the progress together that we are likely to make. I have a profound commitment to behaving ethically towards you at all times. This commitment is described by the American Counseling Association Code of Ethics, which can be found at the ACA website; www.counseling.org. If you feel that I have failed in any ethical or legal obligation towards you, you may file a complaint with the Georgia Board of Professional Counselors, Social Workers, and Marriage and Family Therapists; <http://sos.ga.gov/index.php/licensing/plb/43>