

Oak Family Counseling
4525 Hedgemore Drive Suite H
Charlotte, NC 28209
(704)451-5534
oakfamilycounseling@gmail.com

Education:

1997-2001 Denison University- B.A. in Psychology, B.A. in Religion

2001-2003 University of North Dakota- M.A. in Counseling

Licenses:

Licensed Professional Counselor-Supervisor (NC) S7549

National Certified Counselor 258137

Upon graduating in 2003, I worked for several community agencies in Washington, DC providing services such as Intensive In-Home Counseling, Clinical Case Management, and Office-Based Individual, Family, Couples Counseling. Upon receiving my LPC, I moved to Charlotte, NC where I continued to provide therapy first in a Psychiatric Residential Facility and then in a mental health agency. I have twelve years of experience in working with children, adolescents, and adults in the field of mental health counseling. I work with the client(s) to identify tools to empower them to make their own changes in order to return to an effective level of functioning or a place of healing. I have experience working with grief and loss, depression, anxiety, trauma, anger management, impulse control, and adjustment/relational issues. My theoretical background is rooted in Cognitive Behavioral theory, working to reframe negative thought patterns and schemas. I also have extensive training in Strength-based Solution Focused Therapy, Art Therapy, Play Therapy, DBT, Trauma-Focused CBT, and Family Systems Theory. After practicing for five years post-licensure, I became a LPC-S, so that I can continue to promote growth and success in our field. Initially, I provided supervisory services as Clinical Manager of a mental health agency. Since opening my private practice in 2014, I have continued to provide clinical supervision to LPCAs in our area.

Nature of Supervision: I provide both individual and group supervision. My approach to clinical supervision is based on the developmental model. Each counselor goes through different stages of development. I recognize that movement through these stages is not always linear and can be affected by a myriad of variables. I believe you and I can begin supervision best, as I provide resources to help you clarify your learning style, theoretical approaches, level of expertise, scope of practice, and practice context. I evaluate on an ongoing basis. My goal is to provide verbal feedback focused on your presenting concern of the supervisory hour as well as your long-term learning goals. I provide evaluative feedback for your growth, affirming what

you are doing right and helping you identify your next steps toward becoming a highly functioning professional. I feel it is my responsibility as your supervisor to also monitor and ensure client welfare, including legal, ethical, and professional concerns. Therefore, in addition to one-on-one supervision, I will review audio or video portions of your therapy sessions. If you or I request it I may listen to an extended portion of the session. As your supervisor, I will provide additional materials, including readings, videos, or activities for you and/or your clients to use outside of supervision time.

Confidentiality: The issues you discuss in supervision will be confidential with the following exceptions:

- 1) Your performance and conduct in this clinical experience will be described in general terms when I submit quarterly reports and verification of supervision forms to the NC Board of Licensed Professional Counselors and other credentialing boards or when consultation with another professional is necessary.
- 2) If I am asked to provide information about your clinical experience in the form of a recommendation for job, licensure, or certification.
- 3) Disclosures made in group supervision cannot be absolutely guaranteed as confidential. Although I will take every measure to encourage confidentiality and act appropriately if confidentiality is not upheld.

Session Fees and Length of Service: Individual supervision sessions are 60 minutes and the charge is \$125.00 per session. When I have three or more supervisees, I conduct group supervision to provide additional support and insight to your clinical skills or to cover a specific topic. These are scheduled well in advance since we coordinate everyone's schedule. The cost is \$45.00 and the sessions are 90 minutes. I require a 24 hour cancellation period, or else I will charge you the full amount of your session. I do make exceptions for significant crises, such as weather or illness. It is also important to note that you must receive one hour of supervision per 40 hours worked, so it will be your responsibility to reschedule or else you are not in accordance with your supervision contract.

Supervisee's Responsibilities in Supervision

- 1) Attend sessions and come prepared.
- 2) Complete homework or assignments.
- 3) Keep supervisor informed regarding all client issues and progress.
- 4) Maintain liability insurance at all times (minimum \$1M single incident/\$3M aggregate).

Supervisor's Responsibilities in Supervision

- 1) Prepare for and attend all sessions.
- 2) Provide feedback each session, along with a formal evaluation each quarter and at the end of the supervision contract.
- 3) Review client case notes and other materials for quality control purposes.
- 4) Complete supervision record at each supervision session.
- 5) Maintain licensure as a clinical supervisor in NC and status as a NBCC approved clinical supervisor.

Emergency: If you are experiencing an emergency, I am available 24/7 via the phone at (704)451-5534. If I do not answer, **DO NOT** leave a voicemail but rather text me, as I may be in a session and do not check voicemail until the end of my sessions. I will work with you to resolve the crisis by providing either over the phone or in person assistance with your matter.

Filing a Complaint:

If you wish to file a complaint, you may do so by placing that complaint in writing and sending it to the NCBLPC. According to the American Counseling Association’s Ethical Guidelines, you should attempt to resolve your complaint with your supervisor directly. If this is not successful, you may place your concerns in writing, citing the ACA ethical codes you believe to have been broken, and submit along with a completed NCBLPC Complaint Form to the board, which can be found online at www.ncblpc.org. The board will assign your complaint a number so no names will be known to anyone but the board attorney, administrator, and ethics chair. Once the complaint has been received, notification is sent to the supervisor against which the complaint was filed allowing her to respond to the alleged charges. If necessary, the board will investigate the complaint and issue a ruling after gathering all necessary information. Investigations will not be made unless complaints are in writing and signed by the complainant. Please send complaints to:

North Carolina Board of Licensed Professional Counselors
 Attn: Ethics Board
 PO Box 77819
 Greensboro, NC 27417
 Phone: 1(844)622-3572
 Fax: 336-217-9450
 e-mail: LPCinfo@ncblpc.org

Supervisee Signature

Date

Supervisor Signature

Date