

VALOR COUNSELING CENTER, PLLC

Ashley Wright, MA, LCMHC
Practice Owner
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PROFESSIONAL DISCLOSURE STATEMENT

Thank you for choosing Valor Counseling Center, PLLC and I, Ashley Wright, as your Licensed Clinical Mental Health Counselor. We are honored to be able to assist you with your mental health needs and steps towards growth and healing. The purpose of this form is to provide information regarding your treatment in this professional counseling setting. Please read this form entirely before signing and agreeing to its contents.

CREDENTIALS

Bachelor of Science in Religion, Liberty University, 2008
M.A. Professional Counseling, Liberty University, 2014
LCMHC, N.C. Board of Licensed Clinical Mental Health Counselors, License No. 11604
EMDRIA Certified, 2020, EMDR International Association

ABOUT COUNSELING

Counseling is a decision an individual, couple or family makes because they are wanting to better themselves or process a situation or relationship. As your counselor, I am committed to helping you achieve your personal goals and maintain a professional relationship with you. If at any point in the counseling process you are not satisfied for some reason, please let me know so we can adjust goals and/or think about possible next steps or different approaches that may be more beneficial. Your care and overall health are most important to me clinician.

ABOUT ASHLEY

I, Ashley Wright, received a Bachelor of Science degree in Religion from Liberty University in 2008. In 2014, I received a Master's in Professional Counseling from Liberty University. I am a certified EMDR therapist and utilize other methods of therapy to assist each client according to their needs. I have a special training with betrayal trauma regarding relationships and institutions. I also support first responder spouses and families. Finally, I am a counselor supervisor and work with individuals who are wanting to grow in the field of counseling through internship opportunities at Valor Counseling Center.

CONFIDENTIALITY

Confidentiality at Valor Counseling Center is guaranteed. For adults (18 years +), confidentiality means everything discussed in the counseling session will stay between myself, the provider, and the client(s) in a session or group. In a couple's session, I, the therapist, will not keep information from the other partner at any time or for any reason. In a counseling session, the only time confidentiality would be broken is if a client(s) admits to planning harm to themselves or someone else, in which case, I will take the necessary steps to keep this from happening. In addition, while telehealth sessions are conducted through a HIPPA compliant platform, due to limitations with online accessibility, there is always a chance of confidentiality being interrupted at some point due to technology slips. In North Carolina, confidentiality is explained further here: <https://www.ncblpc.org/LawsAndCodes>

EMERGENCIES

While I try to check my messages frequently during the day, I may be in session for several hours before I have an opportunity to view and respond to them. **For ALL emergencies, call 911 immediately.** For additional care call Triangle Springs at 919.768.8900 or call 988 to speak with a trained crisis-response counselor.

LATE CANCELLATION / NO-SHOW POLICY

Late cancellations must be made 24 hours prior to the appointment time in-order to avoid the late cancellation fee of \$120. A no-show (failure to cancel within 24 hours of the appointment time beginning or failure to show-up for the session completely) will result in a full session charge of \$160. Late cancellations and no-show fees are never covered by insurance. After two missed appointments I will assume the client is not ready for therapy and suggest a break as well as refer to another therapist who may be a better fit. Also, appointment reminders from Therapy Appointment are considered an additional reminder and should not be relied on for appointments scheduled. Thank you for respecting this clinical boundary as this time is set aside specifically for you or your teen.

PAYMENTS

Full payment for your session is due at the time of service. We accept all major credit cards, flex or HSA cards, cash and personal check. Please refer to the payment form for more information on payment amounts and session times. This form must be signed before the first session. Returned checks will result in a \$30 fee.

INSURANCES

We accept most BCBS plans. For insurance groups we are not in-network with we can provide a receipt or superbill if desired to submit any claims. At times we may have an intern on-staff who offers an affordable sliding scale based-on the client’s income. A recent paystub or tax document is required to utilize the sliding scale/intern. Sometimes we are unable to know your copay amount and will have to wait until your claim processes to get the correct amount. You will be responsible for any balances; therefore, we encourage you to call your insurance company ahead of time. If at any point you switch insurances, we must know as soon as possible.

INTERN SESSIONS

At Valor Counseling Center, interns are under the supervision of myself, Ashley Wright, meaning I oversee and discuss the intern’s clients with him/her on a regular basis in a confidential way without use of name or personal information. In-addition, the intern is monitored by their graduate school professors and program following state ethical guidelines. Interns may also ask to record counseling sessions for review with their supervisors. Because interns are not fully licensed, they are not allowed to be in-network with insurance companies and therefore must do a sliding scale. The cost of therapy is for the purpose of using the given space, resources and to maintain a professional environment and commitment to therapy.

If you are not okay with an intern sitting-in on your session with Ashley, please initial here _____.

If you are wanting to work with an intern, please initial here _____.

Printed Name

Date

Signature

Date