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Professional Disclosure Statement

The basis of a counseling relationship is open communication anchored in trust and honesty. If you are interested in forming a therapeutic relationship that is focused on creating and exploring possibilities for change, then we will work well together. It is important for you to remember that you are in control of choosing your therapist and if you do not feel confident in this therapy or any other in the future, you are able to make a change or end therapy at any time.

I believe our work will be most helpful to you when you have a clear idea of what we are trying to accomplish within the context of a counseling relationship. The following pages are intended to provide answers to some questions clients often ask about that process. This document is always available on my website for you to refer to at any time.

By reading this, I hope the following things will be clarified:

- Details about my educational background and my areas of expertise
- My counseling philosophy
- Confidentiality issues
- Fees and methods of payments
- Services offered
- Procedures for registering complaints
- Emergency mental health resources

My Educational Background

In 1991 I earned a Master's of Arts in Community Mental Health Counseling from Wake Forest University. Prior to that I earned my undergraduate degree and received a BA from Davidson College. I am a Nationally Certified Counselor (NCC #35865) and I am a Licensed Professional Counselor (LPC # 955) with the North Carolina Board of Licensed Professional Counselors. I moved to Washington State in 2016 and became licensed through the Washington State Department of Health as a Licensed Mental Health Counselor (LMHC # 60770395)

I have completed a rigorous four-part training program with The Enneagram Institute (enneagraminstitute.com), and I had the pleasure of training the entire time under the expertise of Don Riso and Russ Hudson, who are the founders of the Enneagram Institute.

I am a counselor with sixteen years experience counseling adults, adolescents, and school-age children. I am trained and experienced in providing counseling to individuals,

couples, and families as well as group counseling. I focus my practice in the areas of relationships, stress management, anxiety, depression, grief and loss, and parenting.

My Counseling Philosophy

My counseling philosophy is both systemic and holistic. I believe that we are all parts of bigger systems (families, organizations, institutions) and nothing happens in a vacuum. Those situations that are affecting you emotionally are also affecting your body and your spirit. For that reason, we will be looking at what supports you and what challenges you in multiple areas of your life.

My work is informed by the study and practice of Emotionally Focused Therapy (EFT), cognitive behavioral therapy, and family systems theory. I also use elements of mindfulness meditation to help give clients skills that can be used to manage daily stress and help calm the mind. I do EMDR work to help clients process current and past traumatic experiences.

The following statements form the basis from which I work with every client:

- Challenging and difficult times in our lives afford us opportunities to learn. We must maintain an open mind to see possibilities for change during times of stress.
- We all do what we do for a reason. The choices we make *mean* something.
- We take our experiences from childhood (and the lessons we learned from those experiences) into our adulthood. Oftentimes, as adults, we need to unlearn some of those faulty lessons and re-learn more effective strategies for solving problems.
- The more time we spend focusing on problems, the more time we spend stuck in the midst of the problem. Learning how to observe our own behavior with emotionally informed understanding can lead to dramatic change in perspective and in how you feel day-to-day.

Counseling Fees and Services Offered

My fee is \$135 per 60 minute visit or \$200 for an 90 minute session. You will be billed for the appointment through my online client portal or I accept checks or cash.

I do not accept insurance at this time.

Appointment cancellation must be made at least 48 hours in advance to avoid being charged the full fee.

If your bill for a session remains unpaid, I will stop therapy with you until payment is made. There are times when you may need to wait between sessions due to financial concerns, and talking about this openly is essential.

If You Choose to File With Your Insurance Company

Many health insurance plans will partially reimburse for counseling and mental health services. Because health insurance policies differ in their coverage, I cannot tell you what your particular plan covers. It is your responsibility to determine your coverage. If your health insurance will reimburse you, I will provide you with a monthly statement called a “superbill” that is a receipt for my services. The statement contains billing codes and a mental health diagnosis that is necessary to obtain reimbursement, however please keep these things in mind:

1. Any personal information or mental health diagnosis provided to an insurance company may not be held to the same standard of confidentiality that I offer you, and any information shared with your insurance company may become part of your permanent insurance record.
2. I have no role in deciding what your insurance covers. You are responsible for checking your insurance coverage, deductibles, payment rates, co-payments, and so forth. Your insurance contract is between you and your company; it is not between the insurance company and me.
3. You are responsible for paying the fee for each counseling session. I do not bill insurance companies for your reimbursement or my fees.

Confidentiality

All communication between you and me becomes part of the clinical record, which is accessible to you upon request. I use an electronic health records system that is HIPAA compliant. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions:

1. There is a reason for suspicion of abuse or neglect of a child, vulnerable dependent, or developmentally disabled adult.
2. There is reason for concern that a client may inflict significant self-harm.
3. If you give me written permission to disclose information to someone else.
4. If I am ordered by a court to disclose information.

Even under these circumstances only essential information will be revealed, and if it is possible you will be informed before confidentiality is broken.

As a licensed counseling professional I will periodically be involved in consultation groups with other counseling professionals who are bound by similar codes of ethics as I am. Any information shared during consultation will be discussed in order to improve the counseling experience, and all cases are presented without using names or specific identifying information.

Complaints

Problems can arise in our relationship, just as in any other relationship. If you are not satisfied with any area of our work, please raise your concerns with me at once. Our work together will be slower and harder if your concerns with me are not worked out. I will make every effort to hear any complaints you have to seek solutions to them.

Although you are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel I am in violation of any of these codes of ethics. I abide by the ACA Code of Ethics:

<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>

In Washington the practice of Licensed Mental Health Counselors is regulated by the following agency:

Washington State Department of Health
P.O. Box 47857
Olympia, WA 98507-7857
Phone: 360-236-4700
Email: hsqacomplaintintake@doh.wa.gov

In North Carolina the practice of Licensed Professional Counselors is regulated by the following agency:

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

In an Emergency

In the event of an emergency, please call the 24 hour Crisis Line at the Seattle Crisis Clinic or go to your nearest hospital emergency department. Once you have received the services you need, call me and leave a message on my office phone letting me know what has happened.

The number for the Crisis Line in Seattle is 866-427-4747.

If you are in North Carolina, please go to your nearest hospital emergency department.

Our Agreement

Consent for Treatment:

By signing below, you indicate that you have read this disclosure, that your questions have been answered and that you understand the above information.

Acceptance of Terms:

My signature attests that I have read, and fully understand my rights as a client, as well as my responsibilities. Additionally I am aware of the limits of confidentiality. I agree to these terms and will abide by these guidelines.

Client Signature

Date

Client printed name

Therapist Signature

Date