

LPC Professional Disclosure Statement

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Qualifications

- I received a master’s of science degree in counseling psychology in 2005 from Radford University in Virginia. Before that I received a PhD in Social Psychology in 1995 from The University of North Carolina at Greensboro.
- I am a Licensed Professional counselor in North Carolina (License number 10372).
- I am certified by the Eye Movement Desensitization and Reprocessing International Association and Dr. Francine Shapiro to practice EMDR. (no certificate number).
- I have been certified by the National Association of Transpersonal Hypnotherapists to practice hypnosis (no certificate number) and I have completed 100 hours of training with hypnosis expert Dr. Michael Yapko.
- I became a registered yoga teacher (RYT-200) in 2015 and have had training in yoga therapy,
- I have been practicing counseling since 2006.

Counseling Background

I have experience treating adults 18 years and older for a variety of problems including: anxiety disorders, depression, panic, stress management, trauma, abuse, obsessive-compulsive disorder, relationship issues, anger management, life transitions, and problems of daily living. I use a holistic approach to therapy and primarily rely on cognitive-behavioral, person-centered, solution-focused, somatic, and strategic orientations. I practice individual and couples counseling. In addition, I use EMDR, clinical hypnosis, and yogic techniques.

Session Fees and Length of Service

A typical counseling session runs 45-55 minutes. The initial session is \$155 and additional sessions are \$125. If you have insurance that covers behavioral and/or psychological health, I will file the insurance for you and you pay the copayment for each visit. Cash, personal check, and credit card are all acceptable means of payment.

Use of Diagnosis

Health insurance companies require a diagnosis of a mental-health condition before they will reimburse you. Any diagnosis made will become part of your permanent insurance records.

Confidentiality

All 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.

Electronic Records

Your records are kept on a cloud through a practice management software that is HIPAA compliant. This software files your insurance claims electronically.

Response Time After Contacting Therapist

I am not always tethered to electronics, especially in the evenings, on weekends and when on vacation. During a week I am working, I usually respond to a text, email, or phone call within 24 hours. Other times, I may take as long as 72 hours to respond. If you have an **emergency, you need to contact the police or emergency room of the nearest hospital.**

Cancellation Policy

If you cancel within 24 hours of our appointment, or do not show up for your appointment, I cannot bill insurance for your appointment. That not only puts me in a difficult financial position, but it also does not allow me to offer that appointment to someone else. Therefore, cancelling within 24 hours may result in your being charged the full appointment fee of \$125.

Social Media Policy

For your privacy and in adherence to ethical guidelines, I do not friend clients on Facebook, LinkedIn or other social media.

Contact in the Community

If I see you in public, I will wait for you to make contact with me, if you wish. For your privacy, I will not speak to you or wave unless you do so first.

Email

Email is NOT a secure form of communication. If you use a business email, your employer may see your messages. If you wish to use an encrypted email, you can use TherapyAppointment.com to send me messages. You will need a username and password that I can provide.

Teleconference

I offer sessions via video conferencing using a software that protects your confidentiality.

Complaints

Although clients 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/CodeOfEthics/TP/Home/CT2.aspx>).

North Carolina Board of Licensed Professional Counselors, PO Box 77819, Greensboro, NC 27417, Phone: 844.622.3572, Fax: 336.217.9450, Email: LPCinfo@ncblpc.org, <http://www.ncblpc.org>

Acceptance of Terms

I agree to these terms and will abide by these guidelines.

Client: _____ Date: _____

Counselor: _____ Date: _____