

Professional Disclosure Statement

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- In July of 2022 I will begin seeing clients in person and through a HIPAA compliant telehealth service.
- I am a Nationally Certified Counselor (NCC). I have a degree in Master's degree in School Counseling and practice as a Licensed Professional Counselor (LPC). I also have a post graduate certificate in Marriage and Family Counseling. I have been trained in career guidance, individual, couples, group, and family therapy. I am currently seeking supervision and education to be a certified attachment based family therapist (ABFT). I have given numerous trainings on various topics related to human growth and development, behavioral neuroscience, multiculturalism, and educational issues.
- To maintain my national certification and license, I am required to participate in annual continuing education, taking classes dealing with subjects relevant to my profession. *
- Therapy will focus on growth, change, and encouragement. If you are seeking medication management or if I believe you could benefit from it, I will refer you to a qualified medical professional for a medication evaluation.
- Every client's needs are different, so my approach is individualized but always collaborative. Understanding the intergenerational, biological, cultural, and social context is key to understanding a presenting problem. My work will often focus on holding up a mirror to what is going on and improving communication and interactions. I am committed to offering space for you and I to create a corrective experience for the problems you or a loved one are facing.
- Transparency is key to our success. A wide range of therapeutic interventions will be utilized. I mainly pull from the fields of Attachment Based Family Therapy, narrative therapy, cognitive behavioral and dialectic behavioral therapies. I encourage you to ask about any of these approaches and our shared understanding of what progress in therapy will look like.
- **Recognizing that clients bring complex issues to therapy, treatment progress may be enhanced by coordinating services with other behavioral health care professionals including primary care physicians, psychiatrists, and nurse practitioners. All treatment is conducted in a supportive and safe environment that recognizes the need for absolute confidentiality. I am very open about what I do, and you are free to ask questions at any time.**
- As a licensee of the Pennsylvania Board of Social Workers, Licensed Marriage and Family Therapists, and Licensed Professional Counselors, I follow the Pennsylvania State Law and will abide by the Code of Ethics of the National Board for Certified

Counselors. What that means to you, a potential client, is that you have the following rights:

- o To expect that a licensee has met the minimal qualifications of training and experience required by state law
- o To examine public records maintained by the Board and to have the Board confirm credentials of a licensee
- o To report complaints to the board
- o To be informed of the cost of professional services before receiving services
- o To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions: 1) Reporting suspected child abuse 2) Reporting imminent danger to client or others 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies 4) Providing information concerning licensee case consultation or supervision and 5) Defending claims brought by client against licensee
- o To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services
- o To obtain a copy of the Code of Ethics.

- You have the right to begin and end treatment whenever you wish. You also have the right to examine your file. I will comply with your request as soon as I can arrange a time to connect with you.
- My fee ranges from \$150 to \$175 per 50-minute session unless otherwise agreed upon. I do not accept insurance and appreciate payment at the end of each session by credit card as I use Square for processing payments. You can request a receipt for the sessions we have had for submission to your insurance company at your request.
- I screen all phone calls and am not available for crisis intervention. I will do my best to respond to your call or email within two business days.
- If you are in need of immediate assistance for a mental health concern, please contact one of the resources below for immediate help and support. Remember, if this is a life threatening emergency, call 911.

National Suicide Prevention Hotline
1-800-273-8255

Valley Creek Crisis Center
Chester Co. in-person/telephone crisis counseling and mobile outreach services)
610-280-3270

Safe 2 Say Something
Confidential violence prevention reporting system for PA youth

1-844-723-2729

www.safe2say.com

- Engaging in counseling through teletherapy has benefits and risks. The benefits for you include being able to socially distance, enhanced convenience since you can do therapy from your home (or office), and enhanced accessibility if you have physical limitations, are in quarantine, or are housebound for some reason. Risks include potential for issues with security and confidentiality since we are relying on technology, less relational connection since we are not engaging face-to-face, and technology difficulties due to connection failures. We will discuss all of these issues prior to initiating therapy, and ensure that you are comfortable with the process.
- Our initial session is one where we determine if we can work together. After conducting an assessment and getting a sense of your needs, I will tell you approximately how long I believe we will need to meet.

For more treatment-specific cases, I will work with you to determine the specific goals of our work and develop a treatment plan, including frequency of sessions.

- If you need to cancel or change your appointment, you must do so *24 hours in advance*, otherwise you will be charged for the session.

You may contact the Board of Social Workers, Licensed Marriage and Family Therapists, and Licensed Professional Counselors by: (1) phone: 717 783 1389 (2) writing: State Board of Social Workers, Marriage and Family Therapists and Professional Counselors, P.O. Box 2649, Harrisburg, PA 17105-2649, (3) email: st-socialwork@pa.gov, or (4) visiting their website: www.dos.pa.gov.

My signature on this page attests to the fact that I have read and went over these points with Todd Shirley M.Ed NCC LPC. I understand and agree to these terms.

Signature _____ Date _____