

COUNSELING CENTER AT CHARLOTTE

INFORMATION AND DISCLOSURE FORM

Susan MacDonald Roddey, D.Min.

Welcome to Counseling Center at Charlotte. I believe it is important for you to be informed about my professional background and how I practice as a clinician and pastoral counselor.

I am a North Carolina State Certified Pastoral Counselor. My educational degrees include a Bachelor of Arts in Psychology from Davidson College, Master of Divinity from Princeton Theological Seminary, and Doctor of Ministry with a pastoral counseling specialization from Columbia Theological Seminary. In addition, I accrued seventy credit hours toward a Ph.D. in Clinical Psychology from Fielding Graduate Institute.

I have worked both in parish ministry and pastoral counseling. I have served on the pastoral staff of both Philadelphia Presbyterian Church in Mint Hill, First Presbyterian Church in downtown Charlotte, and Holy Covenant United Church of Christ in Charlotte. I have served as Executive Director of Presbyterian Samaritan Counseling Center in Charlotte (now known as Presbyterian Psychological Services) and also for a number of years, as a pastoral counselor on its staff. I have been at Counseling Center at Charlotte since May of 2010. In addition, I work as a chaplain at a continuing care retirement community.

The words counseling and psychotherapy (referred to below as “therapy”) are often used interchangeably to indicate forms of psychological help that address various kinds of personal and family distress such as depression, anxiety, traumatic stress, adjustment difficulties at work and with other people, and marital and family conflicts. The goals of therapy range from the relief of symptoms to significant life change based on acquiring a better understanding of one’s personal, interpersonal, and social circumstances.

I respect and work with people of all faiths or no faith, gender identities, and cultural backgrounds. I am always interested in helping a client integrate their faith and spirituality into their work in therapy, if desired. However, I never impose my religious beliefs on another and am respectful of the client’s goals for the therapy process. In both couple’s and individual counseling, I work with a client to clarify what he/she hopes to gain from coming to counseling. In the process of understanding the concern, I find it helpful to take the time to get background history. My goal is to help the client gain insight into the dynamics of the issues that bring her/him to therapy, to empower the client discern ways for he/she to address his/her concern and to find meaning, and to support the client in envisioning the future.

This process often will bring up painful memories, experiences, and thoughts that need to be worked through in order to gain new understanding, learn how to manage difficult feelings, and create a new story. My focus is to provide a safe, nonjudgmental space where a client experiences validation of their feelings.

Length of Service and session Fee’s:

The counseling session lasts 50 minutes. We will agree on a fee on or before our first session. The standard fee is \$150, however, realizing that some clients find this prohibitive a reduced fee may be available depending on the circumstances. I accept cash, check and credit card. Services provided may or may not be covered by health insurance companies. The office will be able to

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file insurance claims for reimbursement for some insurance companies, as a courtesy. Fees are payable at the time of each visit.

Use of diagnosis:

If choosing to file with an insurance company please be aware that most insurance companies will require a diagnosis of a mental health condition before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. Diagnosis is established using the guidelines identified in the DSM-V. If a diagnosis is identified it is conveyed to the client and becomes a part of his/her record.

Cancellations:

Cancellations must be made 24 hours in advance to avoid being charged for the session. You may cancel by phone or text message.

Confidentiality:

What you tell me will be kept strictly confidential and will not be revealed to other persons or agencies without your written permission, except when mandated by state and federal statutes or an insurance company requires a diagnosis code for reimbursement. By law, there are circumstances in which I must report information to the appropriate persons or agencies, for example: a) if you threaten grave bodily harm or death to yourself or someone else; b) if you reveal information about child or parental abuse; and c) if ordered by a court of law.

Contact Information:

The best number by which to reach me is 704-430-7502. It is likely you may need to leave a message on my voicemail. I check my voicemail regularly from 9-5, M-F. If it is after hours and you have a clinical emergency, please leave me a message but also call 911 or go to your nearest emergency room to get help. I will return your call as soon as possible. Please remember to give 24 hours notice if cancelling, or you may be charged by the Center for your session.

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

Client Signature

Or Parent/Guardian if less than 18 _____ Date: _____

Provider Signature: _____ Date: _____