

Mark D. Larson, D.Min.

**Methodist Counseling and Consultation Services
605 East Boulevard, Dilworth United Methodist Church
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(800)832-3014 / 704-375-5354 ext. 203**

PROFESSIONAL DISCLOSURE STATEMENT

Professional Background

I am a North Carolina Licensed Professional Counselor (#2189) and a Certified Fellow in the American Association of Pastoral Counselors (#4191). I have offered fee-based counseling services since 1989. Additionally, from 1985 until 1994 I worked as an ordained Pastor in four United Methodist parishes. Occasionally since 1994 I have served congregations as a parish consultant or interim pastor. I received the Master of Divinity degree in 1985 from the Divinity School of Duke University. In 1993 I completed three years (beginning and advanced) professional training for pastoral psychotherapy at the Presbyterian Samaritan Counseling Center, Charlotte, N.C., an accredited training program of the American Association of Pastoral Counselors. In 2002 I received the Doctor of Ministry degree from Columbia Theological Seminary in Decatur, Georgia.

Counseling Services Offered

Counseling offers you the opportunity to invest in your personal well-being and growth in the context of a helping relationship. Your goals for seeking counseling will give direction to our work together and will influence the therapeutic approaches I use. My style of counseling is informed by several different theories which include pastoral theology, faith and moral development, family systems, psychodynamic and educational approaches.

A key component of my counseling includes the relationship between the counselor and client. It is important for you to have a safe place to explore feelings and concerns, to receive feedback and support. I will invite you be an active participant in helping me to understand you and your concerns as well as letting me know if there is anything occurring in the sessions that causes you distress. This information will assist us both to create a safe and helpful environment.

Another important component of therapy is to provide you with the tools and insights that will help you with your concerns and goals. Again this will involve your active participation in sharing your "story", exploring feelings and sometimes doing projects outside of sessions such as reading, journaling, information gathering or making changes. Very often what you want will become clearer to you as you are able to talk about your feelings in a place of acceptance. This opportunity to explore and examine your experiences can lead to a clarity that enhances your insight and ability to make healthy and necessary changes in your life. In this way, you learn to access, trust and use your own internal resources for well being and health. You also learn to identify and reach for helpful resources and persons outside of yourself. These are the benefits of therapy.

As with any intervention however, there are also risks associated with counseling. First of all, therapy is not an instant or even guaranteed cure. Secondly, risks can include experiencing uncomfortable levels of feelings like sadness, anger and anxiety. Some changes can lead to what seem to be worsening circumstances or even losses. For example, counseling will not necessarily keep a marriage intact. However, the risks and challenges of therapy often lead to benefits. I will be working to support you through the challenges of change and look forward to helping you move toward the benefits and goals you seek in counseling. I appreciate your courage in considering counseling and taking a step in a new direction.

You may wonder if your needs and my approaches are a good match. That is one purpose of this document - to give you more information on which to base your decision to enter into counseling. However, the best way is for us to talk about your reasons for seeking counseling and decide together if the ways I counsel might be beneficial for you. I do not work with clients whom, in my professional opinion, I cannot help using the resources and techniques I have available.

My counseling expertise includes working with couples in premarital and marital counseling; with adolescents and families in relationship conflicts and parenting issues. Often I work with individuals in the areas of grief, depression, anxiety, emotional and sexual abuse recovery, 12 step recovery from addictions, as well as life transitions, identity, spirituality and faith issues.

Professional Ethics

I regard the information you share with me with the greatest respect. It is important to know that I am ethically and legally required to maintain your privacy. However there are three circumstances in which I cannot guarantee confidentiality legally and/or ethically: 1)If I have sufficient reason to believe you are in imminent danger of harming yourself or another person. 2)If there is sufficient reason to believe a child or elderly person is in danger of neglect or abuse. 3)In rare circumstances Professional Counselors can be ordered by a court to break confidentiality and release information. Otherwise, the only way I would share information about your treatment, history or even that you are a client with me would be with your clear permission accompanied by a signed release of information form. Also, see "Notice of Methodist Counseling and Consultation Services Privacy Practices."

In order to maintain the safety and focus of the counseling process, our relationship will be professional rather than social in nature. The reason for not socializing is to protect against conflicts of interest or what is known as a "dual relationship."

Details of Counseling

Sessions are 45-50 minutes in length and the cost is \$110.00 per session (\$130 for the initial intake session). Payment in cash or personal check is received at the beginning of each session unless negotiated otherwise. If you wish to use health insurance to pay for therapy you must verify coverage before beginning your sessions. Once coverage has been verified you can file for visits using a Superbill I will provide or we can file for your visits. In order to use your health insurance I am required to provide a DSMIV diagnosis code and this code will become a part of your record.

If you are unable to keep an appointment please call me to cancel at least 24 hours in advance to avoid paying the total fee for the session. In cases of emergency weather or illness I will work with you in negotiating exceptions to this policy.

Consumer Rights

In all professions there is an avenue whereby you can register a concern if you feel your rights as a consumer have been violated or that there has been a breach of ethical standards. The first course of action is always to speak to me as your counselor to see if the problem can be resolved to your satisfaction. The N.C. Board of Licensed Professional Counselors is the appropriate place to register any ethical concern you may have with a Licensed Professional Counselor in N.C., or to learn more about your rights as a client. You may contact them at: The N.C. Board of Licensed Professional Counselors, P.O. Box 1369, Garner, N.C. 27529. Telephone: (919) 661-0820.

Your Signature, Please

If you have any questions regarding information found in this statement, please call and I will be happy to discuss it with you further. If you have decided to begin counseling with me please sign and date each copy, keeping one for yourself and giving the other to me. I will keep it in your confidential record file. Thank you.

I have received and read this Professional Disclosure Statement.

Client's Signature

Date

Counselor's Signature

Date