

BRIDGET GWINNETT, MS, LPC, NCC

Licensed Professional Counselor

This document is intended to inform you about my background and to ensure that you understand our professional relationship.

I hold a Master's degree in Counseling Psychology from the University of Southern Mississippi, which I earned in 1995. I have been a professional counselor since that time.

I am currently a Licensed Professional Counselor in the state of North Carolina (#3017) and a National Certified Counselor, NCC (# 38996).

Counseling Services Offered

My experience has been in working with children, adolescents, families, adults, and couples in individual and group therapy. I believe therapy is a collaborative effort between a client and a therapist. In order for your therapy to be successful, you will need to actively participate, both in and out of the therapy sessions, in changing any existing patterns that are not working well for you.

I will use several established therapy approaches in working with you and your family. I also use educational approaches to therapy. In family therapy, this may involve education about respected parenting techniques or specific issues occurring in your family. It may also involve creating new behavior plans to deal with difficult behaviors.

I have been trained to work with a variety of issues. The bulk of my training has been in the area of cognitive and behavioral techniques to address the issues that you face. I have experience working with depression, anxiety, survivors of sexual abuse, eating disorders, and children with Anxiety Disorders, Attention Deficit Hyperactivity Disorder, and divorce.

FEES AND PAYMENT

Fees are based on the service and should be paid at the time of service. If your insurance requires that you pay a co-pay at each visit, the full co-pay amount is expected at the time of service. I accept Visa/MasterCard/Discover. Checks should be made out to **Bridget Gwinnett**. The following is the payment schedule for services:

Initial assessment – 50 minutes	\$125.00
Individual therapy – 25 minutes	\$ 80.00
Individual therapy – 50 minutes	\$110.00
Family therapy – 50 minutes	\$140.00
Group therapy – 1 hr, 30 minutes	\$ 40.00

If you need to reschedule a session, please do so at least 24 hours in advance. If you fail to cancel a session within the required time or miss a session without canceling, you will be billed the full amount of the session. Balances that are more than 30 days past due will be forwarded to a collection agency and applicable fees will be added.

I have read the policies regarding fees and payments: _____

CONFIDENTIALITY

The information you share with me is held in the strictest confidence. According to my profession's ethical standards and the laws of our state, I can only release this confidential information under the following circumstances: 1) when I suspect a child or older adult has been or will be abused or neglected, 2) when I believe you intend to harm yourself or someone else, 3) and if I am ordered by a subpoena or by a judge to release this information. Substance abuse information discussed in session is also confidential for children and adolescents. I may only disclose this information if the child or teen has signed consent for parents or other providers or in the events described above. I participate in a peer supervision group; if I present information about our work together, your identity remains confidential.

Bridget Gwinnett, M.S., LPC

Client or Guardian

Date

Date