

Diana Valdez, PhD, LPC

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Professional Disclosure Statement

My Credentials

I am licensed to practice independently and without restrictions in the state of Texas. My credentials and professional affiliations are:

- PhD in Counseling from the University of North Texas
- Masters in Counseling from Texas Woman's University
- Licensed Professional Counselor - Supervisor in Texas (LPC-S)
- Board Certified Biofeedback specialist - Fellow (through BCIA)
- Member of the American Counseling Association
- Member of the Association of Applied Psychophysiology and Biofeedback
- Member of the American Society of Clinical Hypnosis

Counseling Purposes, Goals, and Techniques

A licensed professional counselor (LPC) is a mental health professional who provides professional therapeutic services to individuals and groups that involve the application of mental health, psychotherapeutic and human development principles to facilitate adjustment and development throughout life. The purpose of counseling is to enhance your personal growth and your ability to cope with life's problems. I am trained in a variety of counseling techniques (e.g., client-centered, cognitive-behavioral, behavioral, biofeedback, neurofeedback, clinical hypnosis) from which I will tailor your treatment plan based on your treatment goals.

About Confidentiality

I am required to keep as confidential the fact that you are my client and anything that goes on in your counseling sessions. If you give me written permission to exchange information about you to another person or agency, then I may do so. A few situations create exceptions to the general standard of strict confidentiality, including: neglect/abuse of a child or vulnerable adults; a pregnant woman using illegal drugs; court order; a minor client whose parents request information; serious, imminent risk of suicide or homicide or physical harm to another.

Fees, Payments

My hourly rate is \$150.00. Fees are to be paid as services are provided. I accept cash, check or credit/debit cards (VISA, MC, Discover & AE). If you cannot keep an appointment, please leave a message at (817) 332-1425 as soon as possible. *If you give less than 24 hours' notice of cancellation or no notice, you will be charged \$150 per hour.* Insurance will not cover this kind of charge. Payment in full is required on or before the next session.

Health Insurance Coverage

I am an **out-of-network** provider for all insurance companies. It is your responsibility to make sure you are covered for the services I provide. Upon request, I will provide you with the information you need to submit a claim to your insurance company. You are solely and completely responsible for paying for services rendered.

Plan for Records

I will keep your records for 5 years after therapy ends. In the event of my death or incapacity, or the termination of my counseling practice, all records will be transferred to Tempa Sherrill, LPC.

Mental Health Crisis/Emergency Availability

I do not provide 24-hour coverage. If you are in a mental health crisis situation, you may call me at (817) 332-1425. Please understand that I cannot guarantee an immediate response and that you are responsible for getting your crisis needs met without my assistance, if necessary.

Emergency Contact

Please list below your emergency contact. It needs to be someone local.

Name: _____

Address: _____

Phone: _____ Relationship to you: _____

Client Acknowledgment of Information

I have been given a copy of this information sheet and the Texas State Board of Examiners of Professional Counselors brochure. Diana Valdez has explained both documents to my satisfaction prior to providing any services.

Client (Parent/Guardian) Signature

Date

Diana Valdez, PhD, LPC

Date

NOTE: See the Texas State Board of Examiners of Professional Counselors brochure (LPC Informed Consent) for details about the limits of confidentiality and Board of Examiners contact information.