

Amanda Swartz, Psy. D.
Licensed Psychologist - TX #36262

Dawn A. Dillon, M.Ed.
National Certified Counselor
Licensed Professional Counselor-TX #15850

PROFESSIONAL DISCLOSURE STATEMENT and INFORMED CONSENT

Qualifications:

Dawn A Dillon:

I have a Master of Education degree in Counseling from the University of North Texas and have a license as a professional counselor for the states of Texas and West Virginia as well as a national certification as a counselor. My formal education and experience has prepared me to provide the following services: the diagnosis and treatment of mental and emotional disorders, individual and group counseling, adolescent counseling, and marriage and family counseling.

Amanda B Swartz:

I have a Doctorate in Psychology degree in Clinical Psychology, with specialty training in health psychology and group psychotherapy, and a Masters of Arts in Clinical Psychology from Widener University in PA. I have a license as a psychologist in the state of TX. My formal education and experience has prepared me to provide the following services: individual counseling, group counseling, psychological assessment, and diagnosis and treatment of mental and emotional disorders.

Experience:

Dawn A Dillon:

I have counseled individuals, couples, families, and groups in a variety of settings. I have been licensed and practicing for 17 years and have worked the majority of that time in private practice. My specialties include eating disorders, body image concerns, relationships, anxiety, and perfectionism.

Amanda B Swartz:

I have counseled individuals in a variety of settings and with varied age groups, including children, adolescents, young adults, and adults. I have focused my training in: eating disorders, body image concerns, identity development, interpersonal effectiveness, depression, anxiety, and women's issues. I have been in clinical settings for 10 years and have been licensed since 2012. I have spent the majority of that time working in college counseling centers. I have also trained in a children's residential treatment center, inpatient mental health facilities, and a private practice.

Nature of Counseling:

Dawn A Dillon:

I use a style of counseling known as cognitive behavioral therapy and also include strategies from solution-focused therapy, acceptance and commitment therapy, interpersonal therapy, and family systems therapy. I believe in a collaborative therapist-client approach. The strength of group therapy lies in the interaction among group members and my role as a group therapy facilitator is to allow those interactions to become avenues for growth and change for each of the group members.

Amanda B Swartz:

I use an integrative approach to therapy, incorporating varied theoretical orientations and treatment interventions from relational psychodynamics, interpersonal therapy, dialectical behavioral therapy informed treatment, and cognitive behavioral therapy. As a group therapy facilitator, I focus on interactions between group members and how these can be used to improve client functioning. By helping clients identify changes they want to make and how they can best work to make these changes, clients can experience an improvement in their lives and overall functioning. I believe in a collaborative therapist-client approach and use this to help clients make changes in therapy

INFORMED CONSENT

Counseling Relationship: During the time we work together we will meet for the weekly 90 minute group therapy session. Although our sessions may be very intimate psychologically, ours is a professional relationship rather than a social one. Our contact will be limited to group sessions and phone contact related to scheduling. If you arrive for a session under the influence of an intoxicating substance, we will ask you to leave and reschedule you for the following week. Please do not invite us to any social gatherings, offer us gifts, ask us to write references for you, or ask us to relate to you in any way other than the professional context of our group counseling sessions. You will be best served if our sessions concentrate exclusively on the concerns of the group participants.

Effects of Counseling: At any time, you may initiate a discussion of possible positive or negative effects of entering, not entering, continuing, or not continuing group counseling. While benefits are expected from counseling, specific results are not guaranteed. Counseling is a personal exploration and may lead to major changes in your life perspectives and decisions. These changes may affect significant relationships, your job, and/or your understanding of yourself. Some of these life changes could be temporarily distressing. The exact nature of these changes can not be predicted. Together we will work to achieve the best possible results for you.

Client's Rights: As a client, you are in control and may terminate the counseling relationship at any time, unless you are court-ordered to be in counseling. You also have the right to refuse or negotiate modification of any of my suggestions that you believe might be harmful. We assure you that our services will be rendered in a professional manner, consistent with accepted ethical standards. If at any time, for any reason, you are dissatisfied with our services, please let us know. If we are not able to resolve your concerns, you may report your complaints to the Texas State Board of Examiners of Professional Counselors.

Referrals: Should you and/or we believe that a referral to another provider or program is needed, we will provide alternatives including programs and/or people who may be available to assist you. You will be responsible for contacting and evaluating those referrals.

Records and Confidentiality: All of our communication becomes part of the clinical record, which you may see upon request. The clinical record is strictly confidential with the following limitations and exceptions: a) we are required by your insurance company to release your records; b) we determine that you are a danger to yourself or someone else; c) you disclose abuse, neglect, or exploitation of a child, elderly, or disabled person; d) you disclose sexual contact with another health professional; e) we are ordered by a court to disclose information; f) you direct us to release your records; or g) we are otherwise required by law to disclose information. If we see you in public, we will protect your confidentiality by acknowledging you only if you approach us first.

In the event that we become incapacitated, or unable to practice, the dissolution of this practice and keeper of records is assigned to Carol Park, LPC. As a keeper of records, she will act in my stead for contact regarding your record. She may be contacted at 469-324-9744. All records are kept for a period of 5 years past the last counseling session, at which time they are disposed of in a legal and confidential manner. All records are the property of Dawn A Dillon, M.Ed, LPC-S, NCC and Amanda Swartz, Psy.D.

Payment: All group counseling sessions will be scheduled for 90 minutes. The rate per session is \$60. Payment is due at the time services are rendered. If you need to cancel or reschedule please do so no later than 24 hours prior to the appointment.

We do not work with insurance companies or file any insurance for clients, however we will provide you with a coded bill for you to turn into your insurance for partial or full reimbursement if the policy allows. We ask that you not use us, our expertise, or records for court litigation. We believe court appearances damage the therapeutic relationship and may potentially be damaging to you. If we are asked or required to appear in court involving our sessions, time will be charged at \$250 per hour per clinician, including any time spent away from the office. This includes travel time and time spent waiting at the courthouse.

Emergencies: We do not have coverage for emergencies. Should you have an emergency please call 911, go to the nearest emergency room and/or, if you are a patient of a psychiatrist/ physician, please contact that person or clinic.

Phone Calls: We will return calls and/or emails within 24 hrs but it is our policy to not participate in counseling services via email or any other electronic means. Calls lasting 15 minutes or longer may be charged at the regular hourly individual counseling rate (\$125/hr) from the beginning of the call.

By your signature below, you are indicating that you have read and understood this statement, and/or that any questions you have had about this statement have been answered to your satisfaction.

Client Signature

Date

Client Printed Name

Group Facilitator/Therapist signature

Date

Group Facilitator/Therapist signature

Date