



Phone: 910.620.4927
Email: dmabry99@yahoo.com
201 N Front Street
Suite 808
Wilmington, NC 28401

David Mabry, MA, LPC

CLIENT INFORMATION

David Mabry LPC, is a licensed professional counselor, engaged in private practice providing mental health care services to clients directly and as an independent provider for various managed care entities. In addition he provides mental health services under contract with Southeastern Center for MH/DD/SA.

Description & Risks of Therapy

While it may not be easy to seek therapy, it is hoped that you will be better able to understand your situation and feelings and move toward resolving your difficulties. A therapist assist you in developing goals that will be worked on in the course of therapy. These goals will help guide you in the direction you wish to move in your life. A therapist will use his knowledge of human behavior and development to help you gain a new understanding and awareness of the situations you seek to change. Working with the family as a whole is an important component in facilitating change, and it will be recommended at times for family sessions to occur. Parenting education will also be provided for the parents of children and adolescent clients. The success of therapy depends on the cooperative efforts of our work together. A therapist can help to give guidance toward optimal growth and change through his education and experience. However, change will ultimately come from within you and the choices you make. Often, growth cannot occur until you experience and confront issues that induce feelings of sadness, sorrow, anxiety or pain. As we work together, the hope is that you will be able to move through these thoughts and feelings, successfully release them, and then move toward the change you desire.

Number & Length of sessions

Therapy sessions are typically 45 minutes in length, but may at times take longer depending on whether or not there is a crisis situation. The number of sessions needed depends on the rate at which progress is being made. For the first three months of therapy, it is recommended that you come in for weekly sessions. After three months, we will review the progress and determine the frequency of sessions needed.

Therapeutic Relationship

It is important that a therapist maintain a professional and therapeutic relationship with clients. In order for therapy to be effective and ethical boundaries not to be crossed, the relationship can not be a social friendship. The therapeutic relationship can become a close relationship, but should always maintain therapeutic boundaries. Gifts, bartering, and trading services is not ethical and can not be accepted.

CLIENT INFORMATION (cont.)

Appointments & Cancellations

Cancellations are to be made 24 hours before the appointment. If cancellations are made only an hour or so before an appointment or you do not show at all, then this shows that there is little dedication to therapy. Consistency is required in order for therapy to be effective. Please give respect to therapy and your therapist by adhering to this policy. If there are three or more no shows, then this center reserves the right to discontinue services. It is understandable that certain situations may result in not being able to give a 24 hour notice, and these situations will be taken into account. However, if there is not a legitimate reason or for no shows, then this center reserves the right to charge a \$50 fee for these sessions. This fee will not be applied to any clients with Medicaid insurance.

Payment for Services

Currently, Medicaid, Blue Cross & Blue Shield, Tricare, Carolina Behavioral Health, and NC Health Choice are accepted. Payment will be billed for each session to your insurance company, and you will be responsible for any co-payments and deductibles at the time of the session. A copy of your insurance card will be required at your first session. It is your responsibility to make sure any changes to your card or any changes in carriers be notified to your therapist immediately. If you fail to do so, then you can be charged for all sessions prior after the change.

Confidentiality

Discussions between a therapist and a client are confidential. No information will be released without your written consent unless mandated by law. Possible exceptions to confidentiality include but are not limited to the following situations: child abuse, abuse of the elderly or disabled, abuse of patients in mental health facilities, sexual exploitation, AIDS/HIV infection and possible transmission, criminal prosecutions, child custody cases, suits in which the mental health of a party is in issue, fee disputes between the therapist and the client, or during a negligence suit brought by the client against the therapist. In the case that information will be disclosed, an attempt will be made to inform you prior to disclosing the information. By signing your information and consent form, you are giving consent to share confidential information with the agency or individuals listed on your form. This form can be discontinued or changed at any given time as you see fit and only by your signed consent. You are also giving me the right to share information to your insurance carrier responsible for payment of your services, and you are also releasing and hold harmless the therapist from any departure from your right of confidentiality that may result in these stated disclosures.

Duty to Warn

In the event that the therapist reasonably believes they are, or another person is in danger physically, the therapist will warn the person in danger and will contact medical and law enforcement personnel.

CLIENT INFORMATION (cont.)

After-Hour Emergencies

I can be reached after hours, but only in the case of an emergency. This means it is an urgent issue that requires immediate action. I can be reached by the same number any time after hours. If it is a medical emergency or law enforcement is needed then always call 911 FIRST.

Open Communication is Always Encouraged

Please feel free to ask any questions about any thing you are not sure you understand. Also, always feel free to share any concerns you may have. Within a therapeutic relationship, open communication is vital. It is the job of the therapist to share with you their honest opinion of observations made which may at times upset or offend you. If it does offend you, always feel free to express whatever you may be feeling. Please, never feel afraid to offend me. The keys to an effective therapeutic relationship comes from being open, honest, consistent, respectful, motivated and always open to change. These are things that develop as the therapeutic relationship develops. It is not assumed that either one of us will fully encompass these things in the beginning, but it should always be our goal to obtain this level in our relationship.

Referrals

If additional services are needed, then referrals will be made to the appropriate sources. No confidential information will be given to these referrals unless a signed consent is given. Testing is not done at this counseling center and any needed testing will be referred to outside sources.

____ I have reviewed the informed consent and understand and agree to its contents.

Parent/Guardian: _____ Date: _____

Client: _____ Date: _____

Primary Therapist: _____ Date: _____