



PROFESSIONAL DISCLOSURE STATEMENT

Name of Licensée:

David O'neal Mabry

Highest Degree Earned:

Master's of Arts in Counseling with an emphasis in Life Transitions Counseling

Date Degree Earned:

August, 1999

Institution Granting Degree:

University of San Francisco

Names and Numbers of Relevant Credentials:

National Certified Counselor, #68423

Licensed Professional Counselor, #4776

Description of Clientele Served:

The clientele served consists of various populations. These populations may be adults moving through difficult transitions in life, those challenged by depression, anxiety, PTSD, LGBTQ issues, low self-esteem, stress management and couples undergoing marital or relationship difficulties. Also, children that suffer from psychological and emotional challenges such as Adjustment Disorders, Oppositional/defiant Disorder, Conduct Disorder, ADHD, Anxiety Disorders, Bipolar Disorder, PTSD, physical, emotional and sexual abuse, trauma, and various forms of family stress and conflict are worked with as well. When working with children and adolescents, a family systems approach is taken whereas members of the family will be incorporated in the therapeutic treatment. Hypnotherapy may also be used for targeted issues by the approval of clients in working on things such as depression, anxiety, past traumas, weight management, stress management, and smoking cessation.

Description of Services Offered:

There will be three types of services offered: individual counseling, family counseling, and group counseling. All of the three services offered will consist primarily of counseling techniques that are derived from the cognitive-behavioral school of thought and will be framed with the use of solution focused concepts. That is to say that in the course of therapy "thinking errors" will be identified along with how these "thinking errors" affect our behavior. After identifying certain patterns of thinking and inconsistencies that have hindered individual or family progress, solution focused steps will be taken to begin working toward the best possible solutions to achieve one's goals. The focus of this practice is that the individual has within him/her the solution that best fits their individual need, and it is my goal to allow the individual to maximize their potential. Within the family system ways to communicate most effectively will be explored by breaking down the communication barriers and allow one to express freely their emotional and psychological needs. Patterns within the family system that have stifled optimal growth will be explored by using the theoretical concepts taken from Structural and Strategic models. The family will be encouraged to engage in activities that will help explore the dynamics in the family that have allowed individuals to become "stuck" in certain behavioral patterns, and to begin releasing these negative behavioral and thought patterns.

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Group counseling will also consist of cognitive-behavioral and solution focused techniques, but will also make use of the concepts taken from the work of Irvin D. Yalom. Individuals will progress through interpersonal learning, recognition of the process within group, and through corrective recapitulation of their primary family. Trauma Focused Cognitive Behavioral therapy is also a modality I am certified in that is effective in treating individuals that have suffered from traumas, especially sexual traumas, and as a result suffer from PTSD. Hypnotherapy may be used on a case by case situation with the approval of each client in working on targeted issues as described in the **Description of Clientele Served** section. The use of hypnotherapy allows for new positive suggestions to be made while in a relaxed state. During this state, the client is able to more easily learn and receive the suggestions given that are specifically targeted toward the challenges they wish to address.

Length of Sessions and Specific Fees:

Individual sessions – 45-60 minutes

Fee - \$100

Family sessions – 45-60 minutes

Fee - \$100

Individual sessions – 30 minutes

Fee - \$50

Group sessions - 1 hour and thirty minutes

Fee - \$40

Methods of Payment:

Currently, Medicaid, NC Health Choice, Blue Cross Blue Shield, Carolina Behavioral Health Alliance, Tricare, United Health Care and Humana are insurances that are accepted. If you do not have any of the listed insurances, then credit card, cash, or check will be accepted the day of service.

Information Regarding Psychological Diagnosis:

Possible information regarding the psychological diagnosis that is derived from the DSM 5 of any individual receiving counseling will be used in order to provide the most inclusive service. This information assists in providing greater insight in the course and direction of the individualized counseling sessions. The information that is provided will become a part of your individual record.

Confidentiality:

All information received or discussed will be regarded as confidential. However, I am obligated to release confidential information if there is reason to believe that you may harm yourself or others, if there is an indication of child or elder abuse, or if I am bound by court order to release information. In any given case, the fact that confidential information has been released or will be released will be revealed to you (see HIPPA regulations).

Procedure for Registering Complaints:

If there is any complaint regarding services rendered the first step would be to discuss this complaint or concern with your counselor. If things have not been settled to your satisfaction feel free to contact the *North Carolina Board of Licensed Professional Counselors* at the address and phone number listed below.

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North Carolina Board of Licensed Professional Counselors
P.O. Box 77819
Greensboro, NC 27417

Phone: 844-622-3572 or 336-217-6007

Fax: 336-217-9450

E-mail: Complaints@ncblpc.org

Counselor: _____ Date: _____

Client(s): _____ Date: _____

_____ Date: _____