

Professional Disclosure Statement & Informed Consent for Mental Health Counseling

Jon M. Winder

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**Licensed Professional Counselor
Licensed Substance Abuse Practitioner**

Introduction

Jon Winder is a clinician, author, consultant, and lecturer. He is recognized for his practical and sensitive approach to counseling.

Educated at the University of Florida, where he got his Masters Degree in Rehabilitation Counseling, he is a Licensed Professional Counselor and a Licensed Substance Abuse Practitioner and has been in private practice for over thirty years. He has been a clinician and consultant in addictions and mental health for over forty years. He is trained as an EMDR (Eye Movement Desensitization and Reprocessing) therapist. Mr. Winder is the past Clinical Director of The Madeline Centre, Lynchburg, Virginia, which provides in-home and day treatment services to at-risk-youth. Previously, he was Clinical Coordinator of the Adolescent Drug Treatment Program for Central Virginia Community Services and is past director of the Arise Residential Center, a residential drug treatment program.

He is the author of *Getting Unstuck: What to Do When You Don't Know What to Do: Practical Guidance for Counselors*, which was published in the Spring 2017. Mr. Winder has given many seminars to other professionals on addiction, families, childhood trauma, and clinical practices and supervised over 30 people for their licensure. He has presented workshops and training locally, nationally and internationally. In 2001 he presented at the American Counseling Association Conference in New Orleans. In 2012 he conducted a 3-day workshop in Mauritania Africa on "High Risk Youth and Resiliency."

My Philosophy of Counseling

The two most important factors in effective psychotherapy are finding the right person with whom you can connect and knowing that the therapy is geared to your unique needs. My 40 years of counseling have taught me that therapy works when we work together. Therapy is a cooperative effort. I want to identify your strengths and apply them to your problems. I believe in going forward to work on goals and only going back to the past if there is a block.

Our first few sessions will be focused on your current needs and concerns, and to see if we can work together. I will ask you to complete a goal sheet outlining what you would like to achieve

in therapy. That will become the basis for our therapy. I will also ask you periodically to rate your progress in session and between sessions. Please feel free to give me feedback, if I am not meeting your needs and/or the sessions are not what you want to have happen. There may be times when you are feeling overwhelmed in a session if certain emotions arise. If situations are too intense or for some other reason you do not want to continue, feel free to let me know. Sometimes, however, the only way to get over an emotion is to go through it. I always try to help you by enlisting your strengths before doing any intense emotional work.

I work with a variety of approaches including EMDR therapy (Eye Movement Desensitization and Reprocessing), solution-focused therapy, NLP (neuro-linguistic programming), cognitive behavioral therapy, mindfulness, guided imagery, and motivational interviewing. Each client is unique and presents with her or his own counseling needs and concerns. For this reason, there is no one approach that works best for everyone. I may occasionally ask you to do homework, so that you can apply what you learn in therapy into your daily life.

Confidentiality

Be assured that all counseling sessions are absolutely confidential and are in compliance with the Federal HIPPA regulations. No information will be disclosed to any person, or agency unless you sign a **Release of Information** specifying which information is to be released and to whom. There are, however, several exceptions required by law as well as professional standards.

- ❖ I must disclose information to a third party if I learn of any abuse or neglect of a child or an elderly person,
- ❖ You are in imminent danger of hurting yourself (suicidal) or others (homicidal),
- ❖ Demonstrate an inability to take care of yourself.
- ❖ If you disclose that you have a life-threatening, communicable disease, or pose an immediate threat to another person, I may be obligated to alert an at-risk third party.
- ❖ Your records can be court-ordered by a judge if you are involved in a custody hearing or divorce proceeding and I will only release the minimal amount of information required in order to protect your privacy.
- ❖ Information about your diagnosis, course of treatment, and treatment methodology may be released to insurance companies for authorization, payment, or audit purposes.
- ❖ If it becomes necessary for your account to be turned over to a collection service, your name, Social Security number, address, and unpaid balance will be released to them.