



## Personal Disclosure Statement and Consent for Treatment

At *GIFT Counseling Center for Wellness, LLC* our mission is to guide individuals and families through traumatic stress to build resilience and enhance health and wellness. You will be asked to sign the last page of this document. Your signature verifies you have been given this document and the HIPAA document, that you have read and understand these documents, and that you consent to services.

### Contact Information:

To make an appointment at GIFT Counseling Center for Wellness, LLC, please call the office at 864-534- 1224. Our practice runs by appointments only. Some afterhours and weekend appointments are available. Emailing and texting appointment times will be used via our confidential system. Although these methods will be utilized for scheduling purposes, they are not to be used for counseling or emergency purposes.

### Email and Text Messages:

Email and text messaging may be utilized for scheduling or non-therapeutic communication purposes. **They are not to be used for counseling or emergency/ crisis purposes.** Therapists *cannot* guarantee confidentiality of the content contained in email or text messages.

### In case of an Emergency:

GIFT Counseling Center for Wellness, LLC is not an on-call facility and is not available 24 hours a day. Voicemails and text messages are checked and returned regularly but are not to be used for an emergency or crisis situation. In case of an emergency, please go to the emergency room or call Carolina Center for Behavioral Health at 864-235-2335.

### Therapists

#### Elizabeth Willingham, PhD, LPC, NCC

I am a Licensed Professional Counselor (LPC) and Nationally Certified Counselor (NCC). I received a master's and an Education Specialist degree in Professional Counseling and a Doctoral degree in Counselor Education and Practice from Georgia State University. I have worked in the mental health field for over 20 years in various settings including child advocacy centers, schools and universities, residential treatment, hospitals, and private practice. I have experience in the areas of traumatic stress, grief and loss, oncology, child development, parenting, infertility, premature birth, child abuse, and sexual assault.

I practice from a mind-body-spirit approach that promotes mindfulness and provides a holistic framework for self-discovery, personal growth, and transformation. I believe that creating a safe and sacred environment and establishing an authentic, collaborative therapeutic relationship with my clients is essential to helping clients access their power to heal themselves and transform their lives.



I work with children, adolescents, adults, couples, families, and groups to recognize and enhance their strengths and resources, identify sources of stress, and create a plan for wellness. I provide psycho-education, consultation, parent coaching, counseling, and psychotherapy to address life stress and psychological, sexual, and medical trauma.

I guide clients in reducing stress, resolving crisis, and integrating trauma and grief using a variety of evidence-based practices including Mind-Body-Medicine, Play Therapy/Expressive Arts, Eye Movement Desensitization Reprocessing (EMDR), and Trauma Focused Cognitive-Behavioral Therapy.

I also use complementary approaches to medicine to enhance the healing process and cultivate self-care and self-compassion. I am trained in Trauma Informed Yoga (Yoga for Trauma Levels 1, 2, 3), Healing Touch (Level 1, 2 and 3), and Reiki (Levels 1 and 2). I am certified as a Dancing Mindfulness Instructor. I have studied with Lissa Rankin, M.D. and bestselling author of Mind Over Medicine, The Fear Cure, and The Anatomy of a Calling and am 1 of 25 ambassadors/teachers of Dr. Rankin's Mind Over Medicine 6- step model of healing and preventative health.

I have taught as an adjunct instructor at Clemson University for the Clinical Mental Health Graduate Program as well as at USC Upstate for the Child Advocacy Studies Program and have a passion for teaching and supervision. I love reading, writing, painting, music, and nature.

I have been married for 19 years to my loving husband, and we have three beautiful, spirited daughters and Rosie, our sweet Golden Retriever. My love for God and my family inspires me to continue on my path to becoming my highest and healthiest self.

### **Kelsey Johnson (Beals), M.Ed., LPC, NCC**

Hi, my name is Kelsey Johnson. Elizabeth and I started GIFT Counseling Center for Wellness in 2014 with the vision of creating an environment for individuals to come and experience healing and growth. I earned my Bachelor of Science in Psychology at The Ohio State University in 2010. Throughout undergrad, I found a passion working with individuals and families who have experienced traumatic stress. This passion led me to continue moving forward in my career. I found a home in Greenville, when I attended Clemson University to obtain my Masters in Education in Clinical Mental Health Counseling (2010-2012). During my time in practice, I envisioned expanding the awareness of traumatic stress and how it impacts individuals. Elizabeth and I created GIFT Counseling Center for Wellness, LLC (Guiding Individuals and Families through Trauma) to be a place for security and guidance to individuals and their families during a time of traumatic stress and transition.

I am trained in Mind-Body-Medicine, Eye-Movement Desensitization and Reprocessing (EMDR), and Trauma-Focused Cognitive Behavioral Therapy. Approaching each individual with a holistic perspective, I aim to work alongside each individual; homing in on the power they hold throughout their journey. We offer hope, build resilience, and enhance wellness through a treatment team approach. I believe it is a GIFT to go on a journey with clients when they heal their heart, mind, body, and spirit.

When I am not in the office, you can find me on the trails or playing sports. I enjoy hiking, camping, and spending time with friends and loved ones.



### **Robin Smith, M.Ed., LPC, NCC**

Life is full of changes, challenges, and decisions. When those become critical, you can find yourself at a crossroads, unsure of what to do or where to go. As a licensed counselor, I can assist you in sorting through these issues. I can assist you, your child, or your family in adjusting to serious life changes or in recovering from trauma, I can also assist with grief resolution, career changes, adapting to chronic illnesses, and LGBTQ issues. Through the use of EMDR, trauma-focused cognitive-behavioral therapy, and other evidence-based practices, healing can result.

I graduated from Clemson University. My background includes working with adolescents, adults, individuals, and groups. I have over 25 years of experience working through varying relational and emotional issues in the public sector. I have a background in crisis intervention, to include exposure to both the criminal and family court systems.

Creating a space for you is what I do at GIFT. I offer hope, work towards building resilience and enhancing mind/body wellness, through a holistic wellness team approach. I believe it is a GIFT to journey with each client to heal their heart, mind, body, and spirit.

Maintaining balance is important for me, as well. So, being a Greenville native, I take advantage of the beauty that surrounds us. I enjoy time outdoors and especially like the local hiking trails and mountains. I am an avid Clemson Tigers fan and enjoy watching both football and baseball games with my family.

### **Hannah Tate-Smith, MMFT, LMFT-A**

After completing my undergraduate degree in Communications with a Minor in Spanish, I spent many years post-graduation living in several different cities, including Santiago, Chile. It was during this time that I acknowledged my passion for people on a cognitive and therapeutic level. In 2018, I graduated from Converse College with a Masters in Marriage and Family after completing my practicum with EMERGE Family Therapy Center and Teaching Clinic. While with EMERGE, I completed over 500 hours with clients, providing marriage counseling, parent-child conflict resolution counseling, as well as individual counseling. Since EMERGE is a teaching clinic, I received extensive and rigorous training, which included my supervisors observing me while providing therapy via a two-way mirror. I received immediate feedback from my supervisors and colleagues on a weekly basis and was constantly challenged on how to include the entire family during the therapeutic process. It was here that I learned how to best incorporate my client's support systems in their healing process, whether it be their husband, mother, or even friend.

While applying to become a licensed associate, I worked with the Phoenix Center (White Horse Academy), providing group, individual, and family therapy to teenage boys with substance use disorders in a residential setting. I was trained in Motivational Interviewing (MI), Bio-Psycho Social-Spiritual- Experiential Model (BPSSEM), and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). After obtaining my LMFT-A, I transitioned to Phoenix Center's adolescent outpatient, which is where I currently see teenagers in a group and individual therapy setting in the foster care system. During this transition, I also joined GIFT's holistic team where I provide individual and family counseling with a mind, body, spirit approach. As a therapist, I have always enjoyed focusing on families, specifically the parent- child relationship. I am passionate about including experiential approaches that invite creativity in my therapeutic practice, along with solution-focused, motivational interviewing, and narrative modalities.



## **Anna Frierson, M.Ed., Ed.S., LPC-A**

I began my career working with young children in 2013 after graduating from Presbyterian College with a B.S. in Early Childhood Education. I taught preschool for a few years before deciding I wanted to work with children on a deeper and more individualized level. In 2016 I earned my Master of Education and Education Specialist degrees in Clinical Mental Health Counseling from Clemson University. I am a Licensed Professional Counselor Associate (LPCA) and will be receiving guidance, support, and supervision from Dr. Elizabeth Willingham. I have experience working in community mental health centers, schools, and private practice.

My approach to working with young children and their families is guided by empathy, understanding, and unconditional positive regard. It is my goal and passion that therapy be a safe space for your child where they feel seen, heard, encouraged, and supported. My therapeutic practice is guided by play therapy interventions where I encourage emotional growth and development in children through their most natural form of expression- play. Through play, children are able to express feelings, thoughts, and communicate experiences that they may not have the awareness of or vocabulary to describe. In our sessions, we will use play as a gateway to break down barriers and make steps towards your child's goals.

It is my pleasure to be a part of the GIFT team and a part of your child's therapeutic journey.

### **Services and Informed Consent:**

At GIFT Counseling Center, we work as a treatment team to ensure the benefit of the client. We offer individual, couples, family, and group counseling. Individual appointments are generally 45-50 minutes long, although assessments may take up to 90 minutes. Group sessions are usually 90-120 minutes. With the services provided, clients need to be aware:

- Treatment is not always guaranteed successful and can elicit unexpected, emotionally sensitive areas.
- We are not physicians and cannot prescribe medication
- We are not available 24 hours a day
- Lack of communication with your counselor about missed appointments within a week may be viewed as a termination of counseling services for the client.

### **Teletherapy:**

Teletherapy may include consultation, treatment, emails, or telephone conversations. Teletherapy also involves the communication of my medical/mental health information both orally and visually. Clients are made aware of their rights and consent in an attached disclosure.



### **Confidentiality:**

The information shared in therapy sessions is usually considered confidential by the state of South Carolina state law and federal regulations. Furthermore, your records can be subpoenaed by South Carolina with a court order, signed only by a judge. This information is considered privileged in the federal court system. As counselors, we are mandated by law through "duties to warn" to breach confidentiality if any of the following are discovered:

- You are threatening self-harm or suicide
- You are threatening to harm another or commit homicide A child has been or is being abused or neglected
- A vulnerable adult has been, or is being abuse or neglected You have broken or intend to beak a law or laws
- If you wish your protected information be released to someone, in which case you must sign a Release of information.

### **Fees:**

It is routine to pay for professional services at the time they are rendered. Initially, the diagnostic interview and assessment may take up to 90 minutes, with a fee of \$175.00. The fee for individual counseling is \$125.00 per therapeutic hour and joint or couples counseling is \$150.00 per therapeutic hour. Group session fees vary depending on the type of group. Appointments that are not cancelled at least one business day in advance will be charged at the full rate for the appointment. Fees associated with court preparation, documentation, and/or testimony may differ according to the nature of the case/work requested. Please refer to our attached fee schedule with any questions.

Occasionally phone calls that are therapeutic in nature occur between sessions. Please be advised that there is a \$25 minimum for these calls up to the first 15 minutes. Calls longer than 15 minutes will be billed at the same professional rate (\$125.00 per hour, divided by the length of the phone call).

Insurance will not pay for these services. There is no charge for calls related to scheduling.

GIFT offers email and/or text reminders as a courtesy. Although reminders are sent out the day before, technology can often be unreliable. For this reason, you are ultimately responsible for your appointment time.

### **Ethics:**

All GIFT Center counselors follow the Code of Ethics of:

- The South Carolina Board of Examiners for the Licensure of Professional Counselors.
- South Carolina Code of Laws and the American Association for Marriage and Family Therapy Code of Conducts for Licensed Marriage and Family Therapists
- Sexual relations between therapists/counselors and their clients are never appropriate.



### **Confidentiality:**

The state of South Carolina generally considers that all clients above the age of 16 years old receive rights to confidentiality. To aid the process of therapy, GIFT Counseling Center asks permission for all clients above the age of 13 years old to receive confidentiality. By signing this disclosure statement, you will be granting consent for your child to be granted confidentiality. This does not cover the reporting of intent to inflict harm to self or others.

### **General Information Regarding the Counseling of Adolescents:**

At GIFT Counseling Center we see a great number of adolescents and believe they can make wonderful progress in counseling. We take a different approach than many other counselors in that we generally insist upon seeing both the adolescent and the family. Typically, we see the parent(s) first in a full session to obtain background information and pertinent information regarding the presenting concern. Then we schedule an appointment with the adolescent to assess their current status and history. To complete this assessment, we bring the family in together to discuss clinical impressions and treatment options and plans. We believe a treatment team approach works best for families, and the parent(s) will most likely see one counselor at GIFT Center, while the adolescent will see another. We come together on a regular basis to share relevant and salient information that may guide our focus of treatment. Based on our experience, seeing an adolescent in isolation generally results in ineffective and frustrating results. We advise parents who are purely seeking behavioral changes in their children, request parent coaching services versus putting the minor into counseling, as minors rarely come to counseling with the goal to change negative behavioral patterns. At GIFT Counseling Center we have experience in guiding parents on how to foster these behavioral changes. This tends to be much more effective than child or adolescent counseling. On the other hand, if the child is requesting or needing help to resolve an issue that they see as problematic, individual counseling can be very beneficial.

The State of South Carolina generally considers all clients above the age of 16 years old eligible for rights of confidentiality. To aid in the process of therapy, GIFT Counseling Center asks permission for all clients above the age of 13 to receive confidentiality. By signing this disclosure statement, you will be granting consent for confidentiality for your child/adolescent. This means we will communicate general information regarding your child, such as are they attending sessions and whether general progress is being made. Please do not ask for session details or attempt to direct the counseling process. Please be aware the nature of counseling is to help clients with their stated goals, but the goals of parents and children do not always align. At GIFT Counseling Center our primary focus is **always** on the goals of the primary client.

Communication with parents or guardians regarding appointment scheduling and fees will not be considered confidential if the parent or guardian will be paying for the services or transporting the client.

The majority of this document is mandated by both South Carolina State law and Public Law 104-191. It is provided for **your** protection. It is designed to inform you about the professional background and qualifications of the clinicians at GIFT Counseling Center for Wellness, LLC, the services offered, fee schedule, financial policy, billing and insurance reimbursement and our policy of confidentiality. GIFT Counseling Center has tried to anticipate the risks you may face as a result of being in therapy. If you have any questions regarding any documents you have received, please feel free to discuss them with your counselor.



## Professional Disclosure Statement and Consent for Treatment with GIFT Counseling Center for Wellness, LLC

Our counselors are licensed through SC Board of examiners for the Licensure of Professional Counselors and Marriage and Family Therapists. The Licensure of Professional Counselors Board can be contacted in Columbia, South Carolina at 803-896-4652 (mailing address is P.O. Box 11329, Columbia, South Carolina 29211-1329). The Licensure for Marriage and Family Therapists Board can be contacted in Columbia, South Carolina at 803-896-4658(mailing address is 110 Centerview Dr., Columbia, South Carolina 29210).

All counselors are independent clinical associates of GIFT Counseling Center for Wellness, LLC. They are not employees.

I acknowledge that I have received and read the Professional Disclosure Statement for GIFT Counseling Center for Wellness, LLC and the HIPAA Client's Rights (version 5/02). I further acknowledge that I seek and consent to assessment and/or treatment with clinicians from GIFT Counseling Center for Wellness, LLC. My signature below confirms that I understand and accept all the information contained in the and Professional Disclosure Statement consent for Treatment and the HIPAA Client's Rights (version 5/02)

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Signature of Primary Client

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Signature of Client# 2 (partner, parent, or child)

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Signature of Client# 3 (partner, parent, or child)

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Signature of Parent or Guardian (Required if child is a minor)

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Date