

Leigh Church MS, LADC, CPC
Licensed Alcohol and Drug Counselor
Clinical Professional Counselor

Welcome to Counseling

I am pleased that you have taken this step. I hope that you will find this a good experience as you learn more about making healthy life choices. Some things that you may expect during your time with us:

Confidentiality – Federal laws and regulations protect all records maintained through this office. All information disclosed within sessions is confidential and may not be disclosed to anyone without your written permission. There are however exceptions to confidentiality which are:

1. When there is risk of imminent danger to self or others
2. When there is suspicion of child or elderly abuse
3. When a valid court order is issued
4. When you give written consent to release information
5. When disclosure is made in a medical emergency
6. When your counselor seeks consultation with another professional regarding your case

I will also comply with all State laws that require me to report (see NRS 641)

Services – I provide individual and group therapy as well as substance abuse and mental health evaluations. The length of time that you spend with us varies depending on the particular problems that you are experiencing. There are many different methods we may use to deal with the problems that you will be addressing. Therapy calls for an active effort on your part. In order for therapy to be most successful, you will have to work on things we talk about both during sessions and at home.

Therapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings. Making changes in your beliefs or behaviors can be scary, and sometimes disruptive to the relationships you already have. On the other hand therapy has many benefits and can lead to better relationships, solutions to specific problems, and significant reductions in feelings of distress, but there are no guarantees of what you will experience. It is encouraged that any feelings, thoughts or questions be discussed with your therapist.

Groups: If you are participating in group counseling, I will do my best to inform and enforce confidentiality of group members, however I can not insure the same confidentiality standards that I have a professional counselor.

Fees – All fees are expected at the time of service. You must give 24-hour notice to cancel your appointment. **Without a 24-hour notice you will be charged the full amount of your appointment, unless cancellation is due to an emergency.** We do directly bill some insurance companies, however we will be happy to provide you with

