

**North Carolina Licensed Professional Counselor
Professional Disclosure Statement**

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**Senior Staff Therapist, Sanctuary Counseling Group
(Formerly: Methodist Counseling and Consultation Services)**

Business & Mailing Address: 1801 East 5th Street, Suite 110, Charlotte NC, 28204-2472

Offices: Dilworth & University City United Methodist Churches, Charlotte, N.C.

Qualifications

I am a North Carolina Licensed Professional Counselor Supervisor (S2189), a North Carolina Licensed Professional Counselor (2189), a Certified Fellow in the American Association of Pastoral Counselors (4191) and a Certified Emotional Freedom Techniques Practitioner in the Association for the Advancement of Meridian Energy Techniques (1405021). I have offered fee-based counseling services since 1989. As of 2017 I have 28 years of professional counseling experience. From 1985 until 1994 I worked as a Pastor in four United Methodist parishes (Western North Carolina Conference: Ordained Deacon 1984, Elder 1988). Since 1994 occasionally I have served congregations briefly as a parish consultant or interim pastor. I received the Master of Divinity degree in 1985 from the Divinity School of Duke University with emphasis on the pastoral care of marriage and family. In 1993 I completed three years (beginning and advanced) professional training for pastoral psychotherapy at the Presbyterian Samaritan Counseling Center, Charlotte, N.C., an accredited training program of the American Association of Pastoral Counselors. In 2002 I received the Doctor of Ministry degree from Columbia Theological Seminary in Decatur, Georgia.

Counseling Background

My counseling expertise includes working with individuals in the areas of grief, depression, phobias, chronic pain management, anger management, attention deficit and hyperactivity issues and anxiety. I often work with persons in physical, emotional and sexual trauma recovery, 12 step recovery from addictions, as well as life transitions, identity, spirituality and faith issues. Additionally I work with couples in premarital and marital counseling; especially those couples recovering from infidelity and addiction. I work with adolescents and families in relationship conflicts and parenting issues.

Counseling offers you the opportunity to invest in your personal well-being and growth in the context of a helping relationship. Your goals for seeking counseling as well as your individual learning style will give direction to our work together and will influence the therapeutic approaches I use. My style of counseling is informed by several different theories which include pastoral theology, personality

temperaments, faith and moral development, classic and contextual family systems, psychoanalytic, psychodynamic and educational approaches.

Additionally I use and teach “Emotional Freedom Techniques,” as an optional treatment within cognitive behavioral therapy. EFT is an energy psychology self-tapping protocol that is rapidly effective in a wide variety of areas including stress reduction, attention deficit symptoms, chronic pain, trauma recovery, phobias and addictive cravings. Often EFT speeds the deepening and effectiveness of traditional talk therapy. It can work with traditional talk therapy to hasten the positive change you want. In some instances it can be more effective than traditional talk therapy.

A key component of my counseling includes the relationship between the counselor and client. It is important for you to have a safe place to explore feelings and concerns, to receive feedback and support. I will invite you to be an active participant in helping me to understand you and your concerns as well as letting me know if there is anything occurring in the sessions that causes you distress. This information will assist us both to create a safe and helpful environment.

Another important component of therapy is to provide you with the tools and insights that will help you with your concerns and goals. Again this will involve your active participation in sharing your story, exploring feelings and sometimes doing projects outside of sessions such as reading, journaling, information gathering or making changes. Very often what you want will become clearer to you as you are able to talk about your feelings in a place of acceptance. This opportunity to explore and examine your experiences can lead to a clarity that enhances your insight and ability to make healthy and necessary changes in your life. In this way, you learn to access, trust and use your own internal resources for well being and health. You also learn to identify and reach for helpful resources and persons outside of yourself. These are the benefits of therapy.

As with any intervention however, there are also risks associated with counseling. First of all, therapy is not an instant or even guaranteed cure. Secondly, risks can include experiencing uncomfortable levels of feelings like sadness, anger and anxiety. Some changes can lead to what seem to be worsening circumstances or even losses. For example, counseling will not necessarily keep a marriage intact. However, the risks and challenges of therapy often lead to benefits. I will be working to support you through the challenges of change and look forward to helping you move toward the benefits and goals you seek in counseling. I appreciate your courage in considering counseling and taking a step in a new direction.

You may wonder if your needs and my approaches are a good match. That is one purpose of this document - to give you more information on which to base your decision to enter into counseling with me. However, the best way is for us to talk about your reasons for seeking counseling and decide together if the ways I counsel might be beneficial for you. I do not work with clients whom, in my professional opinion, I cannot help using the resources and techniques I have available.

Session Fees and Length of Service

The cost for the initial visit is \$150.00. Subsequent sessions are 45-50 minutes in length and the cost is \$125.00 per session. Payment in cash, personal check or credit card is received at the beginning of each session unless negotiated otherwise. If you wish to use health insurance to pay for therapy you must verify coverage you're your insurance company and with our Office Manager before beginning your sessions. Our Office Manager can be reached by calling 704-375-5354. Once coverage has been determined as likely we can file your insurance for your visits.

If you are unable to keep an appointment please call me to cancel at least 24 hours in advance to avoid paying the late-cancellation fee of \$75. In cases of emergency weather or illness I will work with you in negotiating exceptions to this policy.

Use of Diagnosis

If it is determined that your mental health insurance covers therapy with me, I am required to provide a diagnostic code that documents your "illness". Some conditions for which people seek counseling do not qualify for reimbursement. If I believe this is so in your case I will notify you immediately. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis before we submit the claim to your health insurance company. Any diagnosis made will become a part of your permanent insurance records.

Confidentiality

All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including child or elder abuse), (c) I am ordered by a court to disclose information (note: a subpoena is not a court order). Otherwise, the only way I would share information about your treatment, history or even that you are a client with me would be with your clear permission accompanied by a signed release of information form. Also, see "Notice of Sanctuary Counseling Group Privacy Practices."

In order to maintain the safety and focus of the counseling process, our relationship will be professional rather than social in nature. The reason for not socializing is to protect against conflicts of interest or what is known as a "dual relationship."

Regarding the use of social media, I do not accept "friend" or "contact" requests from current or former clients nor do I "follow" current or former clients. My primary concern is your privacy and the protection of our professional relationship. Do not use mobile phone text messaging, messaging on social networking sites or emails to communicate any clinical information. These methods and sites are not secure or private and I will not read these messages in a timely fashion.

If you need to contact me the best way to do so is by phoning my confidential voicemail at 704-375-5354 ext.406. Also you can email me at counselorlarson@gmail.com for administrative issues such as setting and changing appointments. However in emails you must be mindful not to divulge any personal information, bring up issues or ask me questions relating to your therapy. I do not access emails away from my office or as frequently as voicemail messages. Sometimes texting can be used for scheduling appointments but no clinical information should be included.

Complaints

I abide by and am accountable to the ACA Code of Ethics. Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel I am in violation of any of these ethical codes.

North Carolina Board of Licensed Professional Counselors
PO Box 77819, Greensboro, NC 27417
Phone: 844.622.3572; Fax: 336.217.9450
E-mail: <http://complaints@ncblpc.org>
Website: www.ncblpc.org/assets/complaint_Form

Acceptance of Terms

We agree to these terms and will abide by these guidelines.

Client: _____ Date: _____

Counselor: _____ Date: _____

6-12-2017