

Steven E. Wampler, M.S., LCMHC
Licensed Clinical Mental Health Counselor (NC)

DISCLOSURE & CONSENT INFORMATION

Thank you for allowing me to work with you. Please take a moment to read this form about my educational and professional background and about the type of services I offer. We can discuss any questions you may have in our first session.

Education and Credentials

Master of Science in Counseling. Mississippi State University. 1995.
Licensed Clinical Mental Health Counselor (NC #2713). 1996-Present
Certified Clinical Mental Health Counselor (#39666). 1999-Present.
National Certified Counselor (#39666). 1995-Present.
Certified in Emotionally Focused Therapy for Couples, 2010.
Counseling work/practice (full-time and part-time) since 1994.

The Therapy/Counseling Process

"Life is difficult and complex."¹ Given this reality, most of us will encounter times in our life where we exhaust our internal resources and find it difficult to deal with life's transitions, changes, losses, and distressing circumstances. It's as if our usual coping responses have just quit working and we get "stuck." Some of us feel overwhelmed, confused, or afraid of what to do next. We may feel disconnected from those we love the most, lose our sense of meaning and purpose in life or work, or discover that life is just too difficult and too painful. It is usually at this point than some of us will seek the help of a professional counselor.

Counseling is a professional service designed to create a private, confidential, and non-judgmental avenue for you to discuss personal thoughts, emotions, and experiences and find a way to re-implant a sense of purpose and meaning back into your life and relationships. My role as a counselor is not that of "expert" or "advice-giver" but rather as "consultant" – someone working alongside you, helping you process how to reach the goal you have in mind. My aim is to be fully present and involved with you in a caring and non-judgmental way so that you have the room to discover what to do to make life less distressing and more meaningful.

My Philosophy of Counseling

I borrow from two counseling approaches in my work with individuals, couples, and families. The first is client-centered/experiential counseling. This is a present-focused, practical therapy that views the client not as "sick" or "deficient" but rather as "stuck" and unable to access internal resources to handle the life's problems. The counselor's task is to help the client slow down their current experience, expand their awareness of their situation, and create new experiences and new meanings in their life. Its aim is personal growth and personal responsibility for life changes and outcomes. The second approach I use is Emotionally Focused Therapy (EFT) for Couples. Based on the principles of adult attachment theory, emotion research, and humanistic psychology, EFT is a well-researched and effective model for helping couples identify and change the negative cycles of interaction that result in distance and distress. Through a process of validation, empathy, and re-structuring of relationship interaction, the counselor helps the couple create new and positive cycles based on real needs for connection, support, and emotional engagement. If you would like more information about these counseling approaches, please let me know.

Client Populations/Counseling Issues

My education, experience, and training permit me to work with a variety of populations and presenting issues. I currently work with primarily with couples but can also work with individual adults, children, teens, and families. I help clients work through relationship distress, loss and grief, major life transitions, and intense emotions including (but not limited to) depression, anxiety, anger, and confusion.

Risks and Benefits

Counseling can be a life-changing process, and as such, carries with it both risks and benefits. It is not uncommon, for instance, for one to experience uncomfortable emotions such as anger, hurt, sadness, or anxiety. The act of facing difficulty will often bring these emotions to the forefront. Clients in counseling may choose to make changes in the way they "do life;" for example, they may choose to make a job change, commit to a relationship, leave a relationship, or take an emotional risk with someone. Feelings of stress and distress are often part of the process of any change, even healthy and positive ones. Hence, it is quite common for one to feel a little worse before getting to a place where they feel better. In spite of these risks, most people who seek counseling end up pleased with the end result. Discovery of new meaning and purpose, a greater sense of closeness and enjoyment in relationships, a calmer sense of self, and enhanced clarity of one's choices in the wake of a problem are all possible benefits to counseling. One final note: lasting change is usually an intentional and slow process, so allow yourself and the counseling process some time to work.

See other side...

Confidentiality

Confidentiality is a cornerstone of the counseling relationship. I will make every effort possible to ensure that the content of your work with me, and even that fact that you are seeking my services, remains confidential. Please be aware, though, that ethical and legal regulations require that I release information about you under the following circumstances:

1. I determine that you are in imminent danger to yourself or others.
2. Information you provide leads me to suspect that there is child/elder abuse or neglect.
3. I am ordered by a Judge/Court to release information about you.
4. I have your permission to share information with others choose.
5. Other legally required circumstances dictated by HIPAA (Please read HIPAA form I will give to you.)

If you have any questions about your privacy, please ask.

Professional Role and Dual Relationships

Although our sessions may be very intimate psychologically, our relationship is, by design, a professional one, not a social or personal one. As we work together toward your goals, you may experience me as supportive, validating, and caring and we may learn a great deal about each other. However, it is important to remember that you are experiencing me in the context of my role as a counseling professional, and my services will be rendered in a professional manner consistent with accepted ethical standards.

Sessions and Fees

The fee for Couples Sessions (75 minutes) is \$150, and the fee for Individual Sessions (60 minutes) is \$120. We can schedule longer or shorter sessions when needed, and the fee is simply prorated for the time. We will schedule our sessions at a mutually agreeable time, but if for some reason you cannot make your appointment, please give 24 hours notice. Missed appointments may result in a "no-show" fee of \$60. Fees are due at the end of each session and can be paid by cash, check or credit/debit card.

Concerns & Complaints

If at any time you become dissatisfied with our work together, please let me know. Honest feedback is appreciated and helpful, and I will do whatever I can to make the counseling experience better for you. If we are not able to make the changes you need, or if you simply feel it would better to work with another professional, I will provide you with the contact information for several other counselors in the area or help you get connected to another counselor so that you can continue to work toward your goals. If you think you have been treated unethically by me and cannot resolve this with me, you may contact the North Carolina Board of Licensed Clinical Mental Health Counselors (NCBLCMHC) by mail at P.O. Box 77819, Greensboro, NC 27417, by phone at (844) 622-3572, or by email at complaints@ncblpc.org for clarification of client rights or to lodge a complaint.

Additional Comments

Thank you for taking the time to read this. After we have discussed and answered any questions you may have, please sign and date below. A copy of this will be provided to you, and I will keep one in your file.

Steven E. Wampler, M.S., LCMHC

Date

Client Signature

Date

¹ Peck, M. Scott. [The Road Less Traveled](#) and [Further Along the Road Less Traveled](#).