

**Julie L. Paavola, LMHCA**  
**Licensed Mental Health Counselor Associate**

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**DISCLOSURE STATEMENT**

**I. EDUCATION & TRAINING**

As an undergraduate, I was interested in learning about history and culture and how to foster peace among nations. At Stanford University I studied Spanish, French and German and spent two quarters in Berlin to study the socioeconomic and cultural changes involved in the end of the Cold War. After graduating with a BA in International Relations, I earned my MA in Religion in Society from the Graduate Theological Union in Berkeley, and travelled to Guatemala and later Mexico to study the effects of conflict on faith in local communities, using narrative and photography of the indigenous peoples. As a professional, I worked at the diocesan and parish levels to foster pastoral work in the Hispanic community, and outreach to the poor in the various cities where I worked. I combined this with a ministry in spiritual direction counseling which I started in 2003. In 2017, I decided to extend my spiritual direction work to therapy, and completed a second MA in art therapy through IUPUI and Herron School of Art and Design. While earning my degree, I interned for 2 years at the Julian Center, where I worked with men, women from diverse backgrounds who were survivors of domestic abuse. I was subsequently hired at the Julian Center as a regular clinician and art therapist and later joined Family Counseling Associates. I am now earning my hours toward licensure as a mental health counselor and board-certified art therapist. I am fully bilingual (Spanish/English) to offer therapy in either language.

**II. THEORETICAL & TREATMENT MODEL**

My approach to therapy person-centered, honoring the humanity of each client as a unique individual, and partnering with each in working towards greater health and wholeness. I work with the client to identify strengths, and use narrative therapy and art expression to better understand the client's history and challenges. At the Julian Center we incorporate a trauma-informed approach, so I am sensitive to clients who may have a history of trauma, which affects mental as well as physical health. I have also worked with clients who have experienced trauma resulting from migration, imprisonment, displacement and the social isolation that often accompanies them. My faith background is Roman Catholic, and I have studied Catholic spirituality extensively. I see God as a loving Creator, who desires to be in relationship with us, to heal us, and give us inner peace.

**III. SCHEDULING SESSIONS**

An initial session can be scheduled by calling the Family Counseling Associates Main Office at (317) 585-1060 or Toll Free (888) 701-1060. Additional sessions are generally scheduled on a regular, weekly basis and are not limited to any particular number of sessions or course of time. However, it is your responsibility to confirm and/or reschedule your next session.

**IV. BILLING AND INSURANCE INFORMATION**

As a Master Therapist, the fee for a 50-minute initial session is \$150. As an associate therapist, I'm not able to work with insurance, so I charge a reduced fee of \$90 for a 50-minute regular session. Payments

are to be made at each session via Cash, Personal Check, or Authorized Major Credit Card. I do not want to turn anyone away due to finances. Please discuss any questions and concerns with me and I will work with you concerning your situation. Sessions cancelled within less than 24 hours will also be charged a \$50 cancellation fee (*Illnesses and Emergencies are exceptions*). Fees may increase periodically and any change in fees will be communicated with two weeks prior notification.

#### V. VOLUNTARY

It is your right to select a counselor or therapist of your choice and you may terminate counseling with me at any time. I recommend one final session upon termination to reflect on our experience together and address any future concerns.

#### VI. CONFIDENTIALITY

Not only is confidentiality with a Licensed Mental Health Provider guaranteed to you under Indiana State Law, I believe the confidentiality of our work together to be of the utmost importance in creating a safe place for you to explore issues of your concern. Therefore, I strive to uphold the strictest standards of confidentiality in my practice. You should be informed of the *legal exceptions to confidentiality* in the following circumstances when information you share with me could be shared with others without your permission:

- 1) The Uniform Health Care Information Act may allow for disclosure of information to another health care provider who is serving you.
- 2) You may give written permission to release confidential information. If you wish to disclose to a third party, you must sign a Consent To Release Information form.
- 3) If you reveal that you are contemplating, planning, or have acted out a crime, I may be required to report this to the appropriate authorities.
- 4) If you are a minor, I may discuss with your parents or guardians some of the information from our counseling. If you are a minor and a victim of a crime, I may testify at an inquiry concerning the crime.
- 5) If you reveal that a child or adult has suffered abuse or neglect, I have an obligation to report this information to the appropriate authorities.
- 6) If information you have revealed to me is subpoenaed, disclosure may be required by law.

If possible, I will attempt to discuss any required breaches of confidentiality with you prior to doing so. Additionally, I adhere to the standards set forth in Family Counseling Associates' *Notice of Privacy Practices* (see ACKNOWLEDGEMENT OF PRIVACY PRACTICES).

#### VII. SUPERVISION AND CONSULTATION

As an associate therapist accumulating hours for licensure, I will be under direct supervision of a Licensed Marriage and Family Therapist. I will consult with him regularly. This is necessary for my work and enhances the potential to offer the highest level of care for your needs. In the event that it should be deemed necessary to consult with your physician or a psychiatrist regarding your case, I will request a written Release of Information from you for doing so.

#### VIII. STATE REGULATIONS FOR PROFESSIONAL CONDUCT.

The State of Indiana Department of Health as well as the Indiana Professional Licensing Agency oversees and regulates the practice of mental health counselors in order to ensure the health and safety of the public. If you believe that I have acted unethically or unprofessionally in my work with you, I ask that you address the issue directly with me. Additionally, you may direct a complaint to the authorities of the state:

Office of the Attorney General  
Consumer Complaint Division  
402 West Washington Street, 5<sup>th</sup> floor  
Indianapolis, IN 46204  
(317) 232-6330/1-800-382-5516  
<http://www.indianaconsumer.com/filecomplaint.asp>

#### IX. ADDITIONAL COMMUNICATION

If you need to communicate with me outside of your scheduled session time, you can call (317) 585-1060 and press “0” for the Receptionist. The office staff of Family Counseling Associates will be available to take your call, or you can leave a message for me on the confidential voicemail (Extension “\_\_\_\_”) and I will attempt to return your call within 24 hours. I will generally limit phone communication to session scheduling and emergencies, and reserve the right to charge a fee for the phone call proportionate to the regular session fee. I will limit communication via email for the purpose of transmitting electronic documents/information (i.e. intake form, inventories online, etc.)

#### X. EMERGENCIES

If you are experiencing an Emergency and cannot reach me via the number listed above, you may call our Main Line (317) 585-1060 and press “1” to reach the Therapist On-Call. The Therapist will return your call within minutes and offer recommendations, however, in the event of a life-threatening Emergency, please call one of the following numbers:

- General Emergencies: 911
- Mental Health Association of Greater Indianapolis 24-hr Hotline: (317) 251-7575