



Whitni E. Buckles, PhD
Board Certified Licensed Mental Health Counselor

9840 Westpoint Dr., Ste. 200 · Indianapolis, IN · (317) 585-1060 · www.fcahelp.com

DISCLOSURE STATEMENT

I. EDUCATION AND TRAINING

I have over 10 years of combined supervised and licensed counseling experience as well as over 15 years of Industrial and Organizational and private sector business experience that I bring to my work at FCA. I have extensive, professional training in evidence-based methods in Counseling Psychology and in Industrial and Organizational Psychology as well as clinical counseling experience counseling college students, adults, families, and adolescents. I have practiced in a church counseling setting, Christian university counseling center, secular university counseling center, outpatient mental health clinic, and in a juvenile correctional setting. My education includes a Bachelor of Arts in Psychology, a Master of Arts in Counseling, and a Doctor of Philosophy in Psychology. My doctoral specialties are in Industrial and Organizational Psychology, Psychological Assessment, and Counseling. I use a multifaceted approach to working with clients to help them work toward the level of functioning that they wish to achieve.

My Professional Affiliations include the following:

- American Psychological Association (APA)
- American Association of Christian Counselors (AACC)
- American Counseling Association (ACA)
- National Board for Certified Counselors (NBCC)

II. THEORETICAL & TREATMENT MODEL

My theoretical orientation in therapy includes both an existentialist philosophy and also includes psychodynamic theories of attachment and object relations. In addition, my approach with clients draws heavily upon solution focused and cognitive behavioral interventions in session. Though I find there are a number of techniques that help clients in the counseling setting, I believe that the one basic tool in therapy that is pervasive in the entire context of counseling is the therapeutic relationship. By establishing this relationship with the client, the counselor is able to bring the here and now into the individual's awareness where therapeutic work can occur. This attempt to understand the subjective

world of the client is my first goal, followed by an effort to form an authentic relationship that is conducive to client work. In this environment, an individual is able to discover his or her own sense of uniqueness, freedom, and responsibility and is able to explore the possibilities of these ideas with the help of the counselor. Each client, in my own conceptualization, requires an individual framework of behavior, goals, and values from which to work, and I devote important therapeutic interactions to the enterprise of learning about the individual. Once I have a testable conceptualization of the client, I become engaged in actively helping the client change towards their desired goal by testing my hypothesis through various interventions that are individually tailored to the client and their unique situation. My adherence to the importance of the unique qualities of the individual, coupled with specific psychological interventions with measurable outcomes that are designed to target identifiable behaviors and beliefs produces a therapeutic interaction that is grounded in theory but is as flexible as the needs of the individual client.

III. 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:

Office of the Attorney General

Consumer Compliant Division
402 West Washington St., 5th Floor
Indianapolis, IN
(317) 232-6630/1 (800) 382-5516

<http://www.indianaconsumer.com/filcomplaint.asp>

IV. 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 voice mail message for me on the confidential voicemail, 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 regular session fee. I will also utilize email to communicate with clients from time to time. My email address is whitni@fcahelp.com.

V. EMERGENCIES

If you are experiencing an Emergency that is not life-threatening, please attempt to reach me by phone or email as listed above. You may also call our office line (317) 585-1060 and press "1" to reach the Therapist On-Call if your concern is after hours. The Therapist on call will return your call and offer recommendations. However, in the event of a life-threatening Emergency, please call one of the following numbers:

- Dial 911 for any life-threatening Emergency
- Mental Health Association of Greater Indianapolis 24-hr Hotline: (317) 251-7575