

Anna Clancy
Mental Health Counselor Associate
9961 Crosspoint Blvd, Unit 100 Indianapolis, IN 46256 (317) 585-1060
www.anna@fcahelp.com

Disclosure Statement

I. Education and Training

I have completed 8 months of supervised counseling as a Master's student in both the Private Practice and College Counseling settings. I have completed the Core 40 Training presented by Indianan Coalition to End Sexual Assault and have 2 years of experience working as an Advocate for Adult Victims of Crime, specifically sexual assault. During my undergraduate years, I worked in residential treatment centers where I was trained in crisis interventions. I have combined 3 years of experience in trauma informed care. My education includes a Bachelor of Arts in Psychology and a Master of Arts in Clinical Mental Health Counseling.

My Professional Affiliations include the following:

American Counseling Association (ACA)

National Board for Certified Counselors (NBCC)

II. Theoretical and Treatment Model

I take a primarily Cognitive Behavioral approach to therapy. This means I take focus on thought processing and how it impacts a person's feelings and behavior. As a licensed mental health counselor associate, I believe in taking a nonjudgmental, person-centered approach. You are the expert of your life and we will work together to collaboratively address your concerns. Based on your needs and concerns, I may explore other theoretical approaches such as Emotional-focused therapy, Solution-focused therapy, Person-Centered therapy or Motivational Interviewing. When utilizing any treatment model, I find the therapeutic relationship to be crucial. I aim to view every client as an individual and focus on building a safe and trusting environment, where each client can work to achieve each own's ideal level of functioning.

III. Supervision and Consultation

As an associate therapist accumulating hours for licensure, I will be under direct supervision of an LMHC. I will consult with her 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.

IV. 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>

V. 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 anna@fcahelp.com.

VI. 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

Client Printed Name: _____ Date: _____

Client Signature: _____ Date: _____