

PROFESSIONAL DISCLOSURE STATEMENT

Sarah Kuchon, JD, MA, LCC, NCC

**3290 West Big Beaver, Suite 240
Troy, Michigan 48084**

**(248) 856-8887
sekuchon@gmail.com**

Practice: My name is Sarah Kuchon, I own and operate a private counseling practice known as Sarah E Counseling LLC, which offers services to individuals, couples, and families. My goal is to provide a safe and confidential environment where clients can explore, grow, and heal. I work with individuals, couples, and families experiencing stress, anxiety, interpersonal conflict, post-traumatic stress, depression, trauma, grief, loss, overburden, or dissatisfaction of career, relationship, or life in general, among other issues. Counseling sessions may include an exploration of thoughts, feelings, personal history, communication styles, attitudes and beliefs about self and others, and other personal development needs. Clients and I work together to identify goals and identify the path to move towards meeting those goals. I will provide quality informed services under supervision to ensure the greatest possible outcome for my clients.

Education and Experience: I am a graduate of the Master of Arts in Clinical Mental Health Counseling Program at Oakland University. Oakland University's counseling program is accredited by the Counsel for the Accreditation of Counseling and Related Education Programs (CACREP) and consists of 60 semester hours of study, including practicum and internship courses. I completed an internship at Easterseals MORC in Auburn Hills, Michigan working with adolescents and families. I obtained my Bachelor of Art from the University of Michigan, Flint with a major in Psychology and minor in Women and Gender Studies. I obtained my Juris Doctor from Michigan State University College of Law. I am a member of the American Counseling Association as well as the Michigan Counseling Association. I have over twenty years of experience as a practicing attorney and counselor at law and am the owner of a law firm in Troy, Michigan practicing in the area of civil litigation and personal injury.

Fee Schedule: I am not contracted with any insurance companies and am self-pay only. Unless other arrangements are made, payment for services is required on the same day as services are rendered. The current session fees are as follows:

- Initial individual/couple/family intake session (60 - 75 minutes) \$150.00
- Normal individual/couple/family therapy sessions (60 minutes) \$125.00
- Mini-individual/couple/family therapy sessions (30 minutes) \$62.50

You have the right to request and receive a good faith estimate of expected charges. A good faith estimate is a notification of expected charges or requested item of service. A good faith estimate is not a contract or a guarantee and does not obligate you to obtain services. You and your provider have a right to terminate services at any time. A good faith estimate is only an estimate and actual charges may differ if your course of treatment changes.

Confidentiality: Confidentiality is a crucial aspect of the counseling relationship. Confidentiality will conform to the laws of the State of Michigan and the ethical guidelines of the American Counseling Association. All communications between a client and a counselor are considered confidential and protected by law except under limited circumstances as follows:

- The client or guardian gives written consent to release information;
- The client makes statements that he/she/they intend to harm him/her/themselves or other(s);
- There is a report or suspicion of child or elderly abuse or neglect;
- The counselor is required by a valid, enforceable subpoena or Court Order to release information;

The counselor may discuss the content of counseling sessions under the direction of a Qualified Supervisor who is held to the same professional standards of confidentiality and its limits. If you are under 18 years of age, please be aware that the law may provide your parent(s) with the right to examine your treatment records. It is your counselor's general policy to provide your parent/guardian only with general information about our work together, unless otherwise required to keep you or someone else safe. If such a situation arises, the counselor will notify the parent/guardian of the counselor's concerns, as well as the appropriate authorities, if necessary. If possible, the counselor will do her best to discuss in advance any required disclosures with the client and to address any objections or concerns.

Therapeutic Process and Techniques: I believe that the therapeutic relationship can provide a safe, confidential, and empowering space for growth, healing, and change. I also believe that each person's experience is unique, and that counseling should be individualized, considering each person's life experience, age, gender, sexuality, culture, values, and beliefs. I ascribe to an eclectic approach to counseling, which means I integrate multiple counseling techniques from different theoretical orientations. Although my style, ideas, and techniques are derived from a broad and diverse range of theoretical orientations, I approach counseling with a holistic, person-centered, collaborative approach to help clients focus on the present and address issues in the here-and-now. I believe that all people have the capacity for self-awareness, self-actualization, and personal growth and that having purpose and finding meaning in life, whether big or small, impacts our well-being. I encourage clients to challenge old patterns and accept responsibility for their experience. I believe that we have a true core self full of love and compassion and that parts or aspects of our personality develop with positive intentions as a way of coping, adapting, or protecting us from painful experiences. I believe that every person has a basic need to be seen, heard, and understood. I also believe that every person has a basic need to love, be loved, and to feel connected to ourselves and others. I believe that we can heal wounds through awareness, mindfulness, self-compassion and self-love.

Client Responsibility: Clients are encouraged to attend and be on time for all scheduled sessions. Client participation in each session is essential to obtaining the greatest possible benefits of counseling. Counseling is a process. Clients who participate in counseling can experience positive changes in personal views, attitudes, communication, and coping skills. However, the success of the counseling relationship depends in great part on the client's willingness to be open, authentic, and involved in the process. Self-reflection and "homework" between sessions are also important to the process. If rescheduling becomes necessary, it is requested that the client notify the counselor with as much advance notice as possible. Each session is 50 minutes long unless other arrangements have been made for a mini-session. Intake paperwork and consent forms are

required from each client. The client will be provided the paperwork in advance with a request to return prior to the first session. If the paperwork is incomplete or not returned before the first session, then the first session will be considered an "intake session" and will be spent, at least in part, completing the paperwork together. Intake sessions are charged at a different rate than normal sessions. Sessions start at the top of the hour. You are free to end, take a break from, or request a referral for treatment at any time. It is encouraged that you discuss your reasons for your decision with your counselor so that sufficient closure can be given to our therapeutic relationship, as well as allow for referrals to be made for treatment options that will best meet your needs.

Although the session may feel very intimate, it is important for clients to understand that we have a professional relationship. Contact should be limited to scheduled sessions. If your counselor sees you in public, she will protect your confidentiality by only greeting you if you greet her first. Further, in order to promote a healthy therapeutic relationship, certain boundaries and policies have been established to ensure the safety, respect, and independence necessary for growth, nurture and understanding. Outside contact that is deemed unrelated to counseling such as "running into each other" in public and/or "friending" on Facebook or similar social network sites should not occur.

If you have any questions or concerns, please contact your counselor. Your counselor may be reached directly at (248) 376-3547. You may also choose to email your counselor at sekuchon@gmail.com. Please be aware that your counselor cannot guarantee confidentiality of email communication. Email communications should be limited to scheduling only. Further, please be aware that email is never an appropriate vehicle of emergency communication. Do not use text, email or voicemail to communicate a crisis. If you are in crisis, please call 911, go to the nearest emergency room or call 988 for the National Suicide and Crisis Lifeline.

Counselor Responsibility: I am committed to each session in the same way that I expect you to be committed. I will be dependable, on time, and honest. I will be open and listen. I will treat you with respect and dignity and create a safe space without judgment. I pledge to adhere to applicable laws and codes of ethics. The laws and standards of my profession require that treatment records are kept for a minimum of 7 years. If you wish to see your records, please submit a written request to your counselor.

Complaints:

Although clients are encouraged to discuss any concerns with the counselor, you may also file a complaint against the counselor with the organization listed below should you feel your counselor is in violation of any law or code of ethics.

Michigan Department of Licensing and Regulatory Affairs
Bureau of Professional Licensing
Investigations and Inspections Division
P.O. Box 30670
Lansing, MI 48909
(517) 241-0205

Supervisor:

As a Limited Licensed Counselor, I am under the supervision of Carrissa Papajesk, MA, LPC, NCC, ACS, LMFT (MI License number 6401014106). She can be contacted at 248-690-6851.