



Your complimentary
use period has ended.
Thank you for using
PDF Complete.

CONFIDENTIAL DISCLOSURE STATEMENT
M. Holland, MA, LPC, LMHC
CONSENT TO HEAL AND GROW

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

I am a graduate of Sarasota (now Argosy University) located in Sarasota, FL, with a Master of Arts Degree in Mental Health Counseling in May 2000. In August, 2002, I became a Licensed Mental Health Counselor in the State of Florida, #MH 7133, and obtained my Licensed Professional Counselor in NC in June, 2006, #5316. I have over fifteen years of counseling experience, the majority of which has been working with clients to resolve trauma issues.

I have had extensive training and experience working with victims of trauma including children who have been sexually and/or physically abused, adult survivors of abuse, grief and loss, as well as those clients who present with other mental health issues, such as bipolar disorder, anxiety disorders, depression, obsessive compulsive disorder, and children with behavioral issues, parent-child relationship problems, attachment disorders, and anxiety and phobias. I also have been trained in the best practices models of Abuse-focused CBT, Parent-Child Interaction Therapy, Play and Sand-Play Therapy, Dialectical Behavioral Therapy, Internal Family Systems, Certificate in Art and Healing from Ringling College of Art, which focuses on Expressive Art Therapies, and have completed all the necessary requirements to receive NC Rostering in Trauma-Focused Cognitive-Behavioral Therapy. I completed EMDR Basic Training Parts I & II and have completed numerous advanced EMDR trainings for working with, Adults, Children and Adolescents, Treatment of Attachment Trauma and the Dissociative Sequelae through the Life Span, EMDR-AIP Model for treating Dissociative Disorders and Complex PTSD, and EMDR and the Neurobiology of the Brain. I am a Certified EMDR Therapist. I am also trained in EMDR Integrative Therapy for Trauma and Attachment in Children.

I offer specialized trauma therapy to adult (male and female), and child victims/survivors of sexual violence. Sessions are typically 50-60 minutes in length, but EMDR sessions can go to 90 minutes. All client/therapist communication, as well as communication from outside sources that has been requested/permitted by client signature on Release of Information document, becomes part of the clinical record, and is accessible to the client upon request. The content of records and conversations are confidential as a matter of state law and professional ethical principles. However, there are legal or ethical events when confidentiality may be waived. These events include:

- If physical or sexual abuse/neglect of a minor person (under 18), elderly person, or person with disabilities is disclosed or suspected.
- If there is an indication of intent to harm yourself or someone else.
- In an emergency situation in which your life/health is threatened.
- If you request, in writing, me to disclose information to someone else.
- If I am ordered by a court subpoena to release information for court/legal proceedings.

I abide by the ACA Code of Ethics for my profession, which may be viewed on their website (<http://www.counseling.org/Resources/CodeofEthics/TP/Home/CT2.aspx>). Ideally, concerns over your therapeutic process should be discussed with your counselor/therapist and resolved to your satisfaction. In the event that your concerns are not resolved and you wish to file a complaint in writing to the North Carolina Board for Licensed Professional Counselors at the following address: PO Box 77819, Greensboro, NC 27417. A complaint form is available from the Board's office at (844) 622-3572 or (336) 217-6007 or by emailing to: Complaints@ncblpc.org, or by downloading the form from the Board's website at www.ncblpc.org and faxing to (336) 217-9450

We agree to these terms and will abide by their guidelines

Client/Guardian Signature

Date

Counselor/Therapist Signature

Date