

**LPC PROFESSIONAL DISCLOSURE STATEMENT**  
**Raymond A Holland, MS, LPC, LMHC**  
**A PLACE TO HEAL AND GROW**

I am a graduate of Nova University with a Master of Science Degree in Counseling Psychology awarded June 1988. I worked in the field for several years before becoming a Licensed Mental Health Counselor in the State of Florida, #4323, on June, 1997, and I became a Licensed Professional Counselor in North Carolina, #10132, on May, 2013. I have over 30 years of counseling experience.

I have been trained in several therapeutic approaches addressing victims/survivors of trauma, as well as family, couple, and relationship issues. I have experience working with other mental health issues such as depression, anxiety disorders, phobias, obsessive-compulsive disorder, and dissociative disorders. My practice has included assessment and diagnosis of emotional and mental health issues as they relate to adolescents, and adults.

At the start of therapy, I will develop individualized treatment plans that fit the needs of the client, family and couple.

With couples I rely on relationship programs that fit a Relationship Attachment Model. These approaches require education, active skill-building and practice, so I will give homework regularly. I am certified in Prepare-Enrich counseling assessments for both distressed and premarital couples.

In addition to significant training in Emotionally Focused Therapy and Internal Family Systems, I have completed EMDR training, and I have completed numerous advanced EMDR trainings. I also received my Certified Clinical Trauma Professional status.

I am experienced in providing services individually and in group formats, and have provided lectures, trainings and experiential methods in workshops. I also have directed numerous psycho-dramatic enactments.

Sessions are typically 50-60 minutes in length, but EMDR sessions can go to 90 minutes. My private pay client fee is \$90/hour. I accept cash, check, credit cards, and HSA cards, and payment is expected at the time of service.

I am a preferred provider for several insurances. Some health insurance companies will reimburse for counseling services and some will not. In addition, most will require a diagnosis of a mental health condition. indicating that you must have an "illness" before they will agree to reimburse. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis before we submit the diagnosis to the health insurance company. Any diagnosis made will become part of your permanent insurance record.

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, for 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, the contact is listed below:

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](mailto:Complaints@ncblpc.org),  
or by downloading the form from the Board's website at [www.ncblpc.org](http://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