

Professional Disclosure Statement

Micah Joe Foster

4310 Thermal Ave Suite C

Midland, NC 28107

Phone: 704-888-1616

Fax: 704-888-1670

My Qualifications

My name is Micah Foster and I am currently licensed as a Licensed Clinical Mental Health Counselor Associate (LCMHCA) in North Carolina. I graduated from Lenoir-Rhyne University's Master's of Clinical Mental Health Counseling program and received a Master of Arts in Clinical Mental Health Counseling in December of 2023.

Restricted Licensure

As a graduate of a CACREP accredited counseling program and having met all academic requirements, as well as having passed all necessary examinations, I have obtained my LCMHCA in North Carolina and will be supervised for the duration of this licensure by a North Carolina Board of Licenced Clinical Mental Health Counselors (NCBLCMHC) certified supervisor, Dr. Christa Phipps LCMHCS. Her information and contact information are listed below.

Counseling Philosophy and Background

The philosophy that drives all of my counseling is the idea that every person is of equal value and worth and therefore they all, regardless of age or ethnic/cultural background, have the right to receive treatment. However, while everyone is equally valuable as human beings and share a certain commonality in that we all have similar core needs and hopes, no two individual's life experiences are exactly the same and these differences must be taken into account when looking at treatment.

Therefore, I seek to integrate various theories and perspectives in order to tailor a treatment for each client that best addresses their given concerns and applies to their specific experiences. In general, I integrate theory and techniques from Cognitive Behavioral Therapy, Internal Family Systems, Acceptance and Commitment Therapy, Person-Centered, Existential, and Child-Centered Play Therapy.

However, as each individual is unique, so too will be their experience in counseling. No two individuals react to counseling in the same way and everyone has their own therapeutic journey. Therefore, one should enter counseling understanding that another person's exact experiences cannot be expected. While growth and change are to be expected, the timing and way in which that happens will look different for each client.

As for my counseling experience, I have completed a yearlong supervised practicum and internship as a part of my master's program wherein I logged over 800 hours of counseling

experience, with over 300 of those hours being as direct one-on-one counseling with clients. During this time, I have seen a wide range of individuals, families, and couples coming from many walks of life and with ages ranging from children all the way to older adults. Most of the areas that I have focused on relate to anxiety and depression, but I have also had exposure to treatments related to various forms of trauma as well as childhood and developmental concerns.

Also, as a part of my CACREP accredited clinical mental health counseling master's program, I studied over 60 hours of coursework related to counseling. This coursework covered areas such as professional counseling orientation and ethical practice, social and cultural diversity, human growth and development, career development, counseling and helping relationships, group counseling and group work, assessment and testing, and finally research and program evaluation. I also took coursework related to addictions as well as several courses related to school counseling and working with a variety of student's needs.

Session Fees and Length of Service

Counseling sessions are generally 50 to 60 minutes in length. Sessions are usually held weekly, bi-weekly, and sometimes monthly depending upon the specific needs of the client. Each client will be billed individually, based on their insurance or self-pay. My practice accepts most major credit cards, cash, and checks. In the event a check needs to be returned, the client will incur a \$25 service charge for each check returned. Fees are on a sliding scale based on a client's needs and ability to pay. The fee for an individual session or family session will range between \$140 to \$50 per session. The amount per session, as well as the method of payment, will be discussed and agreed upon during the first session.

If I, or my notes, are court ordered or subpoenaed my court fee will go into effect. This fee is \$500.00 for the first 4 hours of preparation and \$120 per hour after the initial first 4 hours. The client, or responsible party, is expected to pay the fee before the court date. An invoice, along with this contract will be sent to each lawyer and the judge.

Use of Diagnosis

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require a diagnosis of a mental-health condition and indicate that you must have an "illness" before they will agree to reimburse for services. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, you will be informed of the diagnosis prior to the diagnosis being submitted to your health insurance company. Any diagnosis made will become part of your permanent insurance records. Any action that is taken by the receiving third party in regard to the usage of your diagnosis after submission is in no way within the control of your counselor.

Confidentiality

All information shared is considered confidential and private. All client records are stored in a secure location and only authorized persons have access to them. You, as a client, may access your own clinical records upon request. There are exceptions where I must breach confidentiality in order to protect the clients or others. All information shared will be kept confidential with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) when disclosure is required to prevent clear and imminent danger to yourself or others (This includes sexual or physical abuse to you or someone else, child or elderly), (c) when a court orders to release information without client consent.

Complaints

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with my supervisor or the organization below should you feel I am in violation of any of these codes of ethics. I abide by the ACA Code of Ethics (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

Supervisor Information

Dr. Christa Phipps LCMHCS
7215 Lebanon Rd, Suite C.
Mint Hill, NC 28227
Phone: 980-403-9161 Fax: 833-422-2120
E-mail: christaphipps@gmail.com

North Carolina Board of Licensed Clinical Mental Health Counselors

P.O. Box 77819
Greensboro, NC 27417
Phone: 844-622-3572 or 336-217-6007
Fax: 336-217-9450
E-mail: Complaints@ncblcmhc.org

Acceptance of Terms

We agree to these terms and will abide by these guidelines.

Client: _____ Date: _____

Counselor: _____ Date: _____