

LPC Professional Disclosure Statement

Rebecca Jane Hedgecock, MA, NCC, LPC
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Qualifications:

Rebecca is a seasoned psychotherapist who has worked in the field of **Mental Health Counseling for over 26 years**. She will quickly inform you that she has been blessed to experience life; not only as a therapist, but also as a mother, wife, college instructor, clinical supervisor and advocate for the mentally ill. Rebecca obtained her **Master's degree in Agency Counseling w/emphasis on Marriage & Family through Appalachian State University in Boone, NC in December of 1992** and a **BA degree in Psychology from Lenoir-Rhyne University in Hickory, NC in May of 1990**. She has most recently graduated with a **Master's Degree in Conflict Resolution and Reconciliation from Abilene Christian University in May of 2018**. She has held state clinical licensures in Texas **LPC-S #14772**, Pennsylvania **LPC #PC002532**, and currently in North Carolina **LPC #7086**; as well as a **National Counseling Certification NBCC# - 35323**. She has training and experience working as a volunteer with CASA (Court Appointed Special Advocate) and Hospice.

Counseling Background:

Rebecca's approach to treatment is holistic in nature. She believes that all aspects of humanity are touched during and after stressful life events. One can achieve balance in life by integrating body, mind, and spirit. That sense of balance creates clarity and the ability to choose the best course of action. While acting as the Clinical Supervisor of the Catholic Social Agency in Pottsville, PA, Rebecca worked with the county's Child Protection Agency to provide supervised visitation and counseling for families in conflict. She also has education and experience in the field of addictions i.e. led DUI groups, educational groups and individual assessment/recovery.

Rebecca as worked with numerous EAPs while living and working in Texas. Industries often referred employees with work related issues to her and retained her services when the need arose for the delivery of mental health related workshops and seminars. Crisis assessment and debriefing were also skills that she exhibited while in the service to industries. While employed as a Senior Care Manager with Magellan/Aetna Behavioral Health, Rebecca became acquainted with the insurance authorization side of Behavioral Health. She performed utilization reviews for patients admitted to HLOC (higher levels of care i.e. IP, PHP), assisted in creating treatment plans and authorizing continued treatment.

Above all, Rebecca enjoys working with and assisting people in their personal growth and recovery. During the scheduled sessions, you will identify important values & goals and have an opportunity to make meaningful changes.

The needs of every client differ, whether you are a parent coping with a troubled child, a teen coping with the world around you, or one who turns to alcohol or drugs to cope with stress, our clinicians can and want to help! Our therapeutic techniques are tailored specifically to the needs of each client. Many of our clients come to us looking for solutions to the following issues in life: Alleviating symptoms associated with anxiety, stress, depression and anger; Enhancing self- image; Enhancing emotional well-being; Developing healthier, more effective patterns of behavior; Improving communication and conflict-resolutions skills to enhance interpersonal relationships; Identifying life stressors and options for resolution or improvement; Regaining a sense of control of feelings and thoughts following a traumatic experience; Improving organizational skills, goal setting and time management; and learning stress management techniques and emotional regulation skills.

She also works with children to improve total well-being, whether through family or individual therapy or assessment and educational interventions. We assist children and adolescents in learning more effective coping strategies and problem solving skills to handle life challenges such as disruptions in family due to divorce, death or illness; social relationships; and academic

performance. We provide evaluation services to diagnosis common disorders of childhood such as ADHD, anxiety and depression and work with children and parents to learn strategies to manage symptoms in various settings.

More specific types of theoretical approaches include Behavioral Therapy and Cognitive Behavioral Therapy are designed to identify and change negative thought patterns and problematic behaviors. The goal is to develop more adaptive ways of thinking, behaving and interacting in the environment. This therapy is used as a treatment for various anxiety and mood disorders such as depression, phobias, PTSD, Separation Anxiety, Obsessive-Compulsive Disorder, Eating Disorders, Attention Deficit Hyperactivity Disorder (ADHD) and conduct problems.

Session Fees and Length of Service:

Sessions are typically fifty (50) minutes in length and charges are based on the type of insurance presented by the client. No sliding scale is used. Charges for initial assessment is \$130.00 for 90 minutes and \$100.00 for fifty-minute session thereafter. Methods of payment accepted include cash, check, and credit card. Fees or copays are due at time of service.

Use of Diagnosis:

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require that a diagnosis of a mental-health condition and indicate that you must have an "illness" before they will agree to reimburse you. 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 records.

Confidentiality:

All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information.

Complaints:

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with 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/CodeOfEthics/TP/Home/CT2.aspx>).

North Carolina Board of Licensed Professional Counselors
PO Box 77819
Greensboro, NC 27417
Phone: 844-622-3572
Fax: 336-217-9450
E-mail: LPCinfor@ncblpc.org

Acceptance of Terms:

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

Client: _____ Date: _____

Counselor: _____ Date: _____