

Disclosure Statement

Sam Lee, MA, LPC

Training and Degrees: Sam Lee is a Licensed Professional Counselor in the state of Texas (LPC#74495) and has worked in social services and counseling settings since 2012. Sam attended The Seattle School where he obtained both his Master of Arts in Counseling Psychology in 2013 and Master of Divinity in 2007. Sam is currently the Director of Training at The Allender Center, training groups and individuals to do trauma-informed narrative work in the realm of sexual abuse and personal/collective trauma. Sam received credentials as a Mental Health Professional (MHP) and Child Mental Health Specialist (CMHS) working at non-profit mental health agencies in Seattle, WA. He specializes in working with the impact of childhood trauma and abuse, depression and anxiety, and spirituality.

Counseling Orientation: At the onset, my goal is to form an alliance with you that allows you to explore the nature of your struggles. The initial sessions, we will lay out a treatment plan and begin exploring the various psychological, emotional, and relational components that factor into your presenting issues.

I believe that most issues that are brought into therapy has a past, present, and future component. Each component will be engaged within the framework of three primary therapeutic lenses that influence how I approach therapy: Attachment/Trauma (past), relational psychoanalysis (present), and existential & depth psychology (future).

Past: We will consider early childhood development, family of origin, and attachment patterns. Our early childhood relationships (birth to 7-8 years of age) shape and form our social and internal worlds. We will gain understanding for how trauma impacted you and gain awareness of coping/defensive mechanisms and relational styles that helped you survive and cope.

Present: We will explore your style of relating, interpersonal dynamics, and explore how you are impacted by certain relationships as well as how you impact others. We will also look at how past relational styles and coping/defensive mechanisms are getting in the way of what you are truly desiring.

Future: Ultimately, you desire change, healing, and a different outlook on the future. We will consider what gives you meaning and consider your life trajectory and choices.

Though past, present and future seem to have a linear relationship, our work together will be fluid and client-centered. I believe that you are made to relate in a satisfying and self-giving manner, and these needs are both the source of your greatest joys and also of your greatest problems.

Billing and Insurance Information: The fee for individual counseling will be \$200.00 per 55-minute session and \$225.00 for initial intake per 90-minute session. Payment is due at the beginning or end of each session. You will be charged for a missed appointment if you have failed to notify me within 24 hours of our scheduled time; illness and emergencies excepted.

Payment can be made by cash, check or credit card. I do not accept insurance at this time but can provide you with the necessary invoice statements to which you can turn in for potential partial or full reimbursement out of network. Fees may increase periodically, and thus the fees are subject to change with two weeks prior notification.

Virtual Office: I use **doxy.me**, a HIPAA compliant interface, as the virtual platform for our sessions. My direct weblink is: <https://doxy.me/samleecounselingatx>

Choosing a Counselor: You have the right to choose a counselor who best suits your needs and purposes. You may seek a second opinion from another mental health practitioner or may terminate therapy at any time. Referrals will be provided as needed.

Confidentiality: There is a legal privilege in this state protecting the confidentiality of the information that you share with me. As a mental health professional, I strive to maintain the strictest ethical standards of confidentiality.

There are legal exceptions to confidentiality. The following situations are those in which the information you have shared with me may be shared with others.

- 1.) The client gives written permission to share confidential information.
- 2.) Anything that suggests a crime or harmful act toward self or others.
- 3.) If the client is a minor, and there is indication that she/he was the victim or subject of a crime.
- 4.) The client brings charges against the counselor.
- 5.) In response to a subpoena.
- 6.) As required under Texas Department of Health, chapter 611 .

When it is possible, we will discuss any exceptions to confidentiality as they arise.

Consultations: I regularly consult with a group of like-minded professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

Scheduling Appointments: Appointments are generally made on a *regular, weekly basis*. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session. For optimal care, I recommend weekly sessions based on need. Bi-annual treatment review will allow us to evaluate progress and assess ongoing therapeutic goals.

Unprofessional Conduct: If you suspect that my conduct has been unprofessional in any way, please contact the Department of Health at the following address and phone number:

Texas Department of State Health Services
Complaints Management and Investigative Section
P.O. Box 141369
Austin, Texas 78714-1369
1-800-942-5540

Unexpected Termination: In the case of unforeseen circumstances such as family emergency or serious health issues, I will provide options for ongoing care with therapists and colleagues that I trust and have also agreed to take on my clients on a short-term or ongoing basis.

Contacting Me by Phone/Email: You may leave me a message at (512) 200-4110. I will check these messages on a regular basis. Please limit your phone conversation needs to appointment scheduling and emergencies. You may also email me at info@samleecounseling.com. Emails regarding scheduling will be responded promptly. All other emails pertaining to our work together will be addressed during our next in-person session.

Emergencies: If you are in an emergency and cannot reach me, please call one of the following numbers for help:

General Emergencies 911
If you are experiencing a psychiatric crisis, call 24/7 hotline:
512-472-HELP (4357)
Toll-Free: 844-398-8252

I have read and understand the information presented in this form.

Client Signature

Date