

LCMHCA Professional Disclosure Statement

Meredith McLaughlin Luke, LCMHCA

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My Qualifications

I received a Master of Arts in Counseling with a concentration in Clinical Mental Health from the University of North Carolina at Charlotte in 2024. I have had two years of counseling experience in Practicum and Internships with a private practice, as well as in the university setting.

Licensure

I am a licensed Clinical Mental Health Counselor Associate in North Carolina, license number A20017. As such, I will be under supervision. My supervisor is Dr. Gary McFarland, LCMHCS, who can be found at Counseling Center at Charlotte, (704) 527-7907.

Counseling Background

I have served a variety of clientele including adults, groups, adolescents, and children. Within these populations, I thrive in working with individuals struggling with anxiety, depression, life transitions, the mental load of parenthood, grief, religious/spiritual trauma, and ADHD. I approach clinical practice through an integrative lens, utilizing person-centered, mindfulness-based, and Gestalt orientations. I employ techniques like empathic listening, genuineness, presence, silence, goal setting, watching for themes, and more. My areas of competence include relationship-building with clients and creating a space where my clients feel safe and accepted. Counseling is a safe space for all parts of you, including your spiritual/religious self. However, I am not a spiritual leader and will be present to these conversations as a mental health professional.

Session Fees and Length of Service

My therapeutic sessions will be 50 minutes in length for individuals, and clinical intake assessments are scheduled at 60 minutes. Clinical intake assessments are charged a rate of \$200 while sessions thereafter are charged at a rate of \$165. I accept cash, check, or credit card, and I require a 24-hour notice of cancelation. If I do not receive that notice, you may be responsible for paying for the missed session.

Use of Diagnosis

It is important to note that 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 be made and most 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/aca-code-of-ethics.pdf>).

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: _____