

Disclosure Statement

Corie Washow, License XL5209
Elemental Counseling
10 Cliff Avenue/Freeport, ME
(207) 401-5085

Licensure

LCPC-C, first issue March 2019, expiration March 2021

Degrees

BA in Human Development, Colby College, 2000
MS in Environmental Education, Lesley University, 2006
MA in Clinical Mental Health Counseling, Antioch University, 2018
Ecotherapy Certification, 2018

Confidentiality

Confidentiality is an essential aspect of the counseling relationship and applies to most conversations between counselors and clients. The legally mandated exceptions to confidentiality include:

- Threat of serious harm to self or others
- Reasonable suspicion of child abuse, neglect of a child, or abuse, neglect, or exploitation of an incapacitated or dependent adult
- Court order
- Voluntary release signed by client or guardian
- In defense of legal action or formal complaint which client makes before a court or regulatory to board
- Supervisory consultations

It is possible that if we both agree it would be beneficial, our work together will involve outdoor sessions in publicly accessible places. In this instance, it is important to note that confidentiality cannot be assured. We will talk in detail before we leave the office about how to navigate confidentiality in outdoor work. I do try to work with clients in lightly trafficked areas. Of course, I can't promise we won't run into other people. We will always have an agreed upon plan for what we do in that scenario. There are definitely ways to work with confidentiality, even in our small town/state, and we won't leave the office unless we have a plan you feel comfortable with.

Conditional Licensure

I currently hold a conditional licensure. A conditional licensee has met the initial requirements for this license and is working under professional supervision to obtain the experience necessary for full licensure. The counselor may discuss your case with the supervisor. The counselor may ask you for permission to allow the supervisor to sit in on a session. You are free to refuse if this would make you uncomfortable.

Areas of Competence

I am trained in person-centered, strength-based individual work with adolescents and adults, as well as adolescent and adult topic specific groups. Mindfulness and experiential therapies are two approaches I value and practice often. I have advanced clinical training and certification in ecotherapy, or facilitating a connection with nature that fosters a stronger foundation of self-awareness and resilience. In addition, I have extensive social service experience including work with youth experiencing homelessness, youth and adults with disabilities, and clients with terminal illness and their families.

Course of Action

Therapy is a collaborative process in which we create a course of action together. At our first session, I will explain my approach to therapy and answer any questions you have. I will ask you questions about what experiences and indicators bring you to therapy at this time. I will ask you to fill out an intake form to make sure I don't miss any details that would help us in determining goals. Together, we will come up with specific goals for our work together, which we will re-visit regularly, adapting as appropriate. At times, I may suggest activities and exercises to be done between sessions to maximize the effectiveness of our work together. I encourage your feedback at all times throughout our work together, and will adapt our process in any way I can that meets both your goals and my abilities. If you are interested in working together outdoors, we will review additional information about risk and benefits, safety, and confidentiality concerns related to outdoor counseling. You will need to fill out a very brief medical questionnaire and sign a liability release before any outdoor work occurs.

Fee Schedule, Billing, Insurance

I currently accept Anthem insurance and self-pay. If using insurance, you are responsible for payment of any copays or coinsurance at the end of each session. I believe it is important for all clients to understand that if I bill your insurance, I must provide a specific mental health diagnosis and provide ongoing treatment plans and goals to your insurance company. Please ask me if you have questions or concerns about how this works.

If you do not have Anthem, it is possible that your insurance company will provide full or partial reimbursement for out of network mental health services (please check with your insurance company). In this case, you will pay me in full directly at the time of service, and I can provide you with a receipt to submit to your insurance company for reimbursement to you. Note that this process also requires a mental health diagnosis and becomes part of your medical record.

If you do not have insurance or choose not to use your insurance, you can self-pay for the full amount of session. Sessions are \$85.00 for 60 minutes, payable at time of service. Sliding scale rates are available, please inquire.

Whether you use insurance or not, you are responsible for payment of the full session if you cancel with less than 24 hours notice. If I need to cancel our session within 24 hours, I will do so as early as possible and work with your schedule to reschedule as quickly as I can. If RSU 5 cancels school, we will cancel session. Please use your judgment on weather conditions regardless of school cancellations--no fees will be assessed in the case of unsafe driving weather.

Accountability

All services will be provided in a manner consistent with the ACA (American Counselor's Association) code of ethics. The practice of counseling is regulated by the Board of Counseling Professionals Licensure. The board is authorized by law to discipline counselors who violate the board's laws or rules. To learn about the complaint process, or file a complaint against a counselor, contact: Compliant Coordinator Office of Licensing & Registration/35 State House Station/Augusta, ME/04333.