

# **Beverly J. Anderson, M.A., LCMHC**

## **Professional Disclosure Statement**

800 Pinner Weald Way, Ste 101, Cary, NC 27513

PH: 919-468-2425 Fax: 919-468-2026

### **Credentials:**

NC Board of Licensed Clinical Mental Health Counselors (LCMCH) #4552

### **Education:**

Master of Arts in Counseling Psychology from Trinity Evangelical Divinity School, Chicago, IL - 5/88

### **Background:**

I have over 30 years of counseling experience.

I have worked in a variety of settings: residential, hospital, community, juvenile justice department, hospice, and counseling centers prior to entering private practice, which I've been doing for the past 20 years. I've worked with a wide range of populations but I am currently focused on adults. Areas of expertise are: trauma related issues, marriage, life transitions and deep inner work.

### **Theoretic Orientation and Techniques:**

My primary therapeutic approach is psychodynamic, which recognizes the impact of early experiences in forming beliefs, both conscious and unconscious that strongly influence behaviors. I have had training in and use: **Mindfulness** – encouraging awareness of present thoughts, feelings, body sensations and surroundings for the purpose of grounding, insight, and self management. **IFS/DNMS** – both operate on the presumption that we have various aspects to ourselves, which can be thought of as a system of parts, each one having a role in the internal system. In building healthier relationships between the different aspects/parts of self we can generate more internal safety and self care, and mitigate unwanted behaviors. **Sensorimotor Psychotherapy** – a method that integrates sensorimotor processing with cognitive and emotional process in the treatment of trauma. Trauma profoundly affects the body and this works to release the somatic symptoms related to trauma held in the body.

**EMDR** – a well researched and tested modality with high efficacy for treating PTSD. **Emotion Focused Therapy** – this is particularly helpful when working with couples – helping each partner to pay attention to the underlying beliefs and emotions that are driving their behaviors and how each has a contribution to the negative cycle they are creating. This technique helps identify negative patterns, break those patterns and develop new, more useful ways of interact that create emotional intimacy.

**Traditional talk therapy:** this is certainly an important part of the therapy process. My desire is to create an emotionally safe environment in which you can risk looking internally and express externally what isn't working well in your life in the midst of a caring and respectful interaction.

### **Session Fees and Length of Service:**

**Sessions are 55 minutes long. The initial session is \$170 and subsequent sessions are \$150.** I am in-network with **BCBS and NC State Health plans, and will submit your claims.** For all other insurance carriers I am out-of-network and can give you monthly superbill claims for you to submit to your insurance for reimbursement if you have out of network benefits for out-patient mental health office visit. I take credit card, cash or check made out to Bev Anderson.

If you need to cancel an appointment please give me 48-hours notice so I have ample time to fill your slot. **You will be charged \$75 for appointments cancelled within a 24-hour time window.** Exceptions in the case of sudden illness or emergency. **Missed appointment without contact will be charged the full rate.**

**Use of Diagnosis:**

Most health insurance companies will require a diagnosis of a mental-health condition prior to payment for services. 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**

You have my commitment to treat you with respect, maintaining confidentiality by keeping our conversations private, 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.

**Accessibility:**

You may leave me a message any time at **919-468-2425**. I check messages several times daily except on weekends. If you are in crisis and not able to reach me please contact your nearest emergency room and ask for the psychiatrist on call.

**Complaint Procedure:**

If you are dissatisfied with any aspect of our work together I encourage you to discuss this with me as soon as possible so we can address it. If you think you have been treated unfairly or believe I am in violation of the ACA Code of Ethics, and cannot resolve the issue with me, you can register a complaint against me by either emailing, mailing or calling the NCBLPC at the contact options listed below. You can find the ACA Code of Ethics at the following link: (<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: (336) 217-6007  
Fax: 336-217-9450

**Acceptance of Terms:**

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Client Signature

Date

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Client Signature

Date

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Therapist Signature

Date