

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

## Professional Disclosure Statement

501 Pinner Weald Way, 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 30 years of counseling experience.

I have worked in a variety of settings in various parts of the country: residential, hospital, community outreach, juvenile justice department, hospice, and counseling centers prior to entering private practice, which I've been doing for the past 15 years. I've worked with a wide range of populations but I am currently focused on adult individuals. Areas of expertise are: anxiety, life transition issues, post-traumatic stress disorder and other trauma related issues.

### **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 our 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 either 45 or 55 minutes for individuals, and 55 minutes for couples and families. My fee structure is as follows: **The initial session is \$165. Subsequent individual 45 min. sessions are \$110 and 55 min. sessions are \$130.** If you are planning to use insurance please be aware of any deductible amounts that need to be met. I am in-network with BCBS and NC State Health plans. Otherwise I would be considered an out-of-network provider. If you need to call your insurance carrier to inquire about coverage, you'll want to ask for your out-patient mental health office visit benefit. Payment is expected at the time of service. You can pay by cash or check made out to Bev Anderson.

If you need to cancel an appointment please give me 24-hours notice so I have the opportunity to fill your space. **You will be charged \$65 for missed appointments without 24-hour notice except in the case of sudden illness or a true emergency.**

**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:**

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

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Client Signature \_\_\_\_\_ Date \_\_\_\_\_

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Client Signature \_\_\_\_\_ Date \_\_\_\_\_

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Therapist Signature \_\_\_\_\_ Date \_\_\_\_\_