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WELCOME TO COUNSELING

Counseling Services

I offer individual counseling for adults and older teens (ages 16 and up). I also offer marriage counseling. I use my training in mindfulness/acceptance based therapy as well as psychoanalytically oriented treatment philosophy to treat a variety of concerns including depression, anxiety, mood disorders, relationship issues, men's issues, anger management, life transitions and grief.

The therapeutic relationship is unique in that it is highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding of how our relationship will work and what each of us can expect. This document will help to provide a clear framework for our work together. Feel free to discuss any of this with me at any time.

You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events or circumstances can trigger strong feelings of anger, depression, anxiety etc. I am committed to supporting you through the ups and downs of this process and helping you to make sense of yourself.

Fees

Sessions are 50 minutes and the fee per session is \$100.00. Couples counseling sessions are \$150.00 for a 50 minute session. Accepted forms of payment are cash, check or VISA credit card paid. I am currently not an "in-network" provider for any insurance companies and cannot bill them directly as such. I am able to provide a super-bill for you to submit to your insurance company for payment as an "out of network" provider. In these circumstances payment at the time of service is your responsibility as is collection of reimbursement from your insurance company. Cancellations and re-scheduled sessions will be subject to a full charge if not received at least 24 hours in advance.

Confidentiality

I keep what you say to me as well as my records in confidence. The confidentiality privilege is protected not only by my profession's code of ethics, but also by state and federal law. However, there are some exceptions to the privilege of confidentiality. I cannot legally or ethically guarantee confidentiality in the following instances: 1) when I believe that a client intends to do harm to another person or themselves and 2) when I believe a child or vulnerable person has been, is being, or will be abused or neglected. Otherwise, I will not acknowledge to anyone the names of my clients, discuss treatment, past history, or any other aspect of our work together without a signed *Release of Information Form*. To protect the counseling relationship, I do not conduct court mandated treatment nor do I communicate treatment outcomes to a court for purposes such as child custody or divorce. The only exception to this would be an order from a court to release information, which I am legally bound to honor.

I cannot guarantee that electronic communication such as email or text messaging is secure. If you choose to use these forms of communication, I will do so as well but I ask that you limit these communications to scheduling and refrain from including therapeutic content. To maintain confidentiality and protect the therapeutic relationship I do not acknowledge friend or contact requests from current or former clients on social media sites such as Facebook or LinkedIn, etc.

Counseling Qualifications

I earned a Master's Degree in Contemplative Counseling Psychotherapy from Naropa University in 2010. I have group, individual, and couples counseling experience with adults and teenagers. I also have experience in crisis response and substance abuse counseling. I am happy to discuss any questions you have about my work or how counseling can help.

Formal Complaints

Clients are free to discuss any aspect of our work together that they do not find satisfactory. If they believe that they have been treated unethically and have not found satisfaction trying to resolve the issue with me, you may contact the North Carolina Board of Licensed Professional Counselors, P.O Box 77819 Greensboro, N.C. 27417 or by telephone at 844-622-3572 for clarification of client's rights as I have explained them or even to lodge a complaint you have been unable to resolve with me.

Client: _____

Date:

Counselor: _____

Date: