

Disclosure Statement

- A. Anne M. Dadura, LCPC
Maine License # CC4493
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207.604.4971 / annedadura@gmail.com
Business Hours: Mon – Fri: 8 a.m. - 5 p.m., Sat: 8 a.m. – 12 p.m.
- B. **Licensure:** LCPC, issued 3/1/2011, expiration 04/30/2027.
- C. **Degrees:** I have a Masters in Counseling graduate degree from St. Edward's University, Austin, Texas. This degree was conferred on August 11, 2007.
- D. **Confidentiality:** I will treat with great care all information you share with me. It is your right that our sessions and my records about you be kept private. In all but a few rare situations, your confidentiality is protected by state law, the rules of my profession, and my personal integrity. Maine state law requires me to inform you that in certain cases your confidentiality is not protected, and your information may be disclosed to the appropriate authorities/agencies. These cases are:
 - 1. Threat of serious harm to self or others;
 - 2. Reasonable suspicion of child abuse, or neglect of a child, or abuse, neglect or exploitation of an incapacitated or dependent adult;
 - 3. Court order;
 - 4. Voluntary release signed by client or guardian; and
 - 5. During supervisory consultations.
- E. **Conditional Licensure:** n/a
- F. **Areas of competence:** I have worked with clients experiencing grief and loss, self-esteem issues, depression, anxiety, adult life transitions, substance abuse, spirituality issues, financial difficulties, relationship difficulties, and those who are alone without family support. Other clients I have worked with include students, adult children of alcoholics and refugees/political asylum seekers as they adjust to life in the U.S.
- G. **Course of Action:** In my view, working with clients entails tailoring therapy to meet the needs of each client individually. My approach to therapy is that it is a way of being (as opposed to a set of techniques) and each client's human nature is viewed in a positive light incorporating the belief that people naturally move toward becoming fully functioning. During the first session, I will ask multiple questions in order to get your full history, including any health issues and medications you may take. We will discuss the symptoms you are experiencing and how they fit into a clinical diagnosis. Together we will set goals for treatment, and I may give you a "homework" assignment for you to do before the second session. While not all of therapy may meet your expectations, and your symptoms may become more pronounced at different times during the course of therapy, therapy is hopeful work. Much of the work can ultimately help with shifting your inner perspective in a healthy way, which assists in

dealing with painful feelings, making sense of difficult memories, or resolving problems in relating to others. Whatever the issue, the work is based on the assumption that therapy paves the way for clients to utilize their innate capacity to create solutions for themselves. It is my lifelong mission, a privilege, and an honor to work with clients along their journey to true happiness and health. The relationship between therapist and client is the container through which change can take place. As such, the relationship is often one in which close emotional bonds develop. It is also a professional relationship, in which appropriate boundaries must be maintained. Because the therapist-client relationship is so important, I cannot be involved in a social relationship or friendship that exists outside of the therapy room. Limiting our relationship to the therapy office keeps your therapeutic environment safe, secure, and free of outside complications that could interfere with your therapy work.

H. Fee schedule, method of billing and terms of payment: My standard fee is \$125 per 55-minute session, and \$115 per 45-minute session. Payment in full is due via cash, check, HSA/debit/credit card, or Venmo at the time services are rendered, unless you make special arrangements with me beforehand. Please make checks payable to "Anne Dadura."

I request the courtesy of 24-hour notice prior to your scheduled appointment for any cancellations. I bill \$100 for late cancellations or missed appointments without at least 24 hours' notice.

Termination of counseling relationship. As with all relationships, it is expected that, at some point, the therapeutic relationship will end with the hope that overall functioning has improved over time. Your file will be closed once you notify me that you no longer wish to engage in therapy, or once 30 days have passed since your last appointment or communication around scheduling, whichever comes first. Exceptions to this are on a case-by-case basis and involve a discussion between client and therapist.

I. Fee modifications: I offer a few time slots devoted to clients requesting a sliding scale fee, based on household size and income.

J. Insurance: At this time, I accept Aetna, Anthem Blue Cross & Blue Shield, Cigna, Harvard Pilgrim, HP Student Resources, Humana, MaineCare, Maine Community Health Options, and United Healthcare insurance coverage.

K. Accountability: 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 law or rules. To learn about the complaint process, or to file a complaint against a counselor, contact:

Complaint Coordinator
Office of Licensing & Registration
35 State House Station
Augusta, ME 04333
(207) 624-8660
Web: www.maine.gov/professionallicensing