**Counseling Disclosure Statement**

**Kelly Keeler, MA. LPC CIMHP**

**Four Pillars Counseling**

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970-316-3001

About Kelly

I hold a Masters in counseling as well as a certification in Depth Psychology from Regis University. I am a licensed professional counselor (license #0012117) and hold a certification in integrative medicine for mental health. I have received extensive training in the following:

DBT, EMDR, CBT, IFS, Depth Psychology, Mindfulness

I practice from a Depth and humanistic perspective, which means I take a non judgmental approach with great respect for the depth and breadth of the human experience.

You are entitled to receive information regarding therapeutic methods, interventions, duration of therapy and fee structure.

I am unable to prescribe medication, but I am happy to discuss your therapeutic process and needs with your med provider if this is something you would find helpful.

Fees

We accept self-pay, including sliding scale for those who qualify. As well as the following Colorado insurance’s; Blue Cross Blue Shield, United, Oscar, Oxford, Kaiser, Aetna and Cigna. I can provide you with a super bill for out of network coverage you can submit to your insurance to reimburse you for the cost of session, but cannot guarantee your specific plan will allow reimbursement.

You are entitled to receive a second opinion from another therapist and/or to terminate therapy with me at any time.

Telehealth

I am currently offering telehealth and/or outdoor sessions only. The confines of confidentiality apply to telehealth sessions just as they would an in person session. My telehealth link is https://doxy.me/kellykeeler

Therapeutic Relationship

You have the right to be safe within the therapeutic relationship. Inappropriate or sexual relationships between a client and therapist are unethical and/or illegal and should be reported to the State Grievance Board at: 1560 Broadway, Suite 1340, Denver Colorado 80802, (303) 894-7766 [www.dora.state.co.us](http://www.dora.state.co.us/). If you ever have questions about the limits and boundaries related to the therapeutic relationship please don’t hesitate to ask. The ethical standards I practice within prohibit dual relationships, which means we cannot have a friendship or business association at any point during or after therapy. This is in place to prevent any conflicts of interest that might negatively impact your therapeutic experience.

Confidentiality

You have the right to have your privacy respected and all conversations with your therapist are confidential. The legal exceptions to confidentiality are listed in Colorado statutes (section 12-43-218, C.R.S.). These include **disclosures regarding suspected or witnessed abuse or neglect of vulnerable persons including children, elderly, and disabled, intent to harm self or others, subpoenaed testimony in criminal court cases and orders to violate privilege by a judge.** You should be aware that legal confidentiality does not apply to a therapist in a criminal or delinquency proceeding.

Client files may not be kept after seven years.

Emergencies

I am not available 24/7 but will make every effort to return messages or emails in a timely fashion. If you are experiencing a mental health emergency please call 911, go to your nearest Emergency department or call the Larimer or Weld county mental health crisis lines at 970-347-2120, 970-494-4200 or text TALK to 38255

Regulation

The practice of mental health professionals (licensed psychologist, licensed social workers, licensed professional counselors, licensed marriage and family therapists, certified school psychologists and registered psychotherapists) is regulated in Colorado by the Colorado Department of Regulatory Agencies (DORA). Questions and grievances should be addressed to the state grievance board 1560 Broadway, suite 1340, Denver Colorado 80802 (303) 894-7766 [www.dora.state.co.us](http://www.dora.state.co.us/). Detailed descriptions of each licensure and the requirements to obtain said license are listed below.

Regulations for mental health professionals, set forth by Colorado (§ 12-43-214)

Licensed clinical social worker (LCSW), licensed social worker (LSW), licensed marriage and family therapist (LMFT), and a licensed professional counselor (LPC) - must hold a masters degree in their profession and have two (2) years of post-masters supervision. Licensed psychologist must hold a doctorate in psychology and have one (1) year post-doctoral supervision. Psychology candidate, marriage and family therapist candidate, and licensed professional counselor candidate must hold necessary licensing degree, be registered with DORA for their respective candidacy, and be in the process of completing the required supervision for licensure. Certified addictions counselor I (CAC I)- must be a high school graduate and completed required training hours and 1000 hours of supervised experience. Certified addictions counselor II (CAC II)- must complete additional required training hours and 2000 hours of supervised experience (total 3000 hours). Certified addictions counselor III (CAC III)- must hold a bachelor’s degree or higher in behavioral health sciences, be a CAC II, complete CACIII training and 2000 hours of supervised experience (5000 hours total). Licensed addictions counselor (LAC)- must hold clinical masters degree or higher in behavioral health sciences and meet CACIII requirements In addition to passing national exam. Registered psychotherapist is registered with the state board of registered psychotherapists, is not licensed or certified and no degree, training or experience is required.