

## STATEMENT OF PROFESSIONAL DISCLOSURE

Amy McDonald MA LLPC

Fresh Aire Samaritan Counseling Center  
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### FORMAL PROFESSIONAL EDUCATION

I have a Master of Arts in Counseling from Spring Arbor University. I hold a Bachelor of Sciences degree in Sociology from Central Michigan University. I am currently licensed in the State of Michigan.

I have extensive training from the State of Michigan while working in Family Preservation programs as a home based intervention worker and supervisor providing strength based interventions to families in crisis.

I believe that learning never stops. I continue to take courses, read books and talk to others. My goal is to provide my clients with the best service and support possible.

### MY PHILOSOPHY AND APPROACH

I believe in a multi therapeutic approach. I will use several approaches based on the client need. Some of my approaches to therapy include but are not limited to client-centered, strength based and solution focused. In client -centered therapy, I will accept my clients without for who they are and be non-judgmental while assisting a person to make changes and become a stronger person. Strength Based theory is the belief that many people can get down and others work to put them down. I will work with you to highlight what you are doing right and build upon that. I will assist you in looking at what you have done right instead of what is wrong. We will look at what you can do rather than what you feel you cannot do, and your successes rather than past failures.

Solution Focused therapy: We will explore together the solution to your problems. You will actively help with setting the goals. Rather than I give you answers we will find them together. This

will require work on your part. You will have to challenge your thinking, do homework and be willing to make changes in your life. I believe that a good counselor will not give you the solution, but work with you as you find it.

### **MY PRIVACY COMMITMENT TO YOU**

I care about your privacy. The information I collect about you is private. Unless required by law what you share with me will always be kept private. (The exceptions explained below)

- If I were to witness or be told of the abuse or neglect of a child.
- If there is imminent danger to client or others.
- A medical emergency.
- I receive a legal subpoena.

Unless you give me or the agency permission in writing, your information will only be shared for purposes of treatment, payment, business operations or when we are required by law to do so.

### **YOUR RIGHTS**

- To be free from being the target of discrimination on the basis of race, religion, gender, sexual orientation or other unlawful category while receiving services.
- To expect that the counselor has met minimal qualifications of training and experience required by state law.
- To inspect and Copy your records. In most cases, you have the right to look at or get copies of your records. You may be charged a fee for the cost of copying your records.
- To amend your records. You may ask us to change your records if you feel that there is a mistake. We can deny your request for certain reasons, but we must give you a written reason for our denial.
- To Request Confidential Communications. You have the right to ask that we share information with you in a certain way or in a certain place. For example, you may ask us to send

