

LCMHCS Professional Disclosure Statement
Dr. Brittany Elaine Wyche: BA, QP, MA, PHD, LCMHCS, NCC

My Qualifications

I received a Bachelor's degree in Psychology from Wake Forest University in 2008, and I earned my QP (Qualified Professional) designation in 2010 by completing two years as a residential counselor at The Children's Home in Winston-Salem, NC. In May 2012, I earned my Master of Arts degree in Counseling from Wake Forest University. This program required two years of Counseling coursework, as well as a semester-long Practicum experience and a one-year long Internship experience. I completed my Practicum at Wake Forest Baptist Hospital in the Trauma Unit in the Spring of 2011, and served my Internship at Salem College from August 2011 until May 2012. In April of 2012 I took the National Counselor Exam in order to obtain my NCC (National Certified Counselor) certification, which I received in June 2012. In July 2012, I received my provisional license, the LPCA (Licensed Professional Counselor Associate), from the North Carolina Board of Licensed Professional Counselors. In December of 2014, I received my LPC (Licensed Professional Counselor, #9579) licensure. In 2020, the Board changed the LPC designation to LCMHC (Licensed Clinical Mental Health Counselor). In 2021, I transitioned my licensed to become a Licensed Clinical Mental Health Counselor Supervisor (LCMHCS, #S9579) following completion of my PhD. From 2012-2014, I worked as an in-home family therapist and community- and school-based outpatient therapist. From 2014-2018 I worked as a college counselor at Guilford College. I began pursuing my PhD in Counseling and Counselor Education at the University of North Carolina at Greensboro in the fall of 2018. I completed an Advanced Practicum in the Fall of 2018 at the Nicolas A. Vacc Clinic providing short-term counseling to college students. In the spring of 2019, I completed a Doctoral Internship at the Wake Forest Baptist Hospital Addictions Research and Clinical Health program, and continued as a Graduate Assistant providing counseling in that program during summer 2019. In May of 2021, I completed my PhD degree in Counseling and Counselor Education. I started my private practice, Salem Bloom Counseling, PLLC, in May 2019. I have worked as a professional counselor for twelve years.

Counseling Background

I use an integrated approach that is grounded in person-centered and trauma-informed theories. I also have training and experience working with: multicultural and feminist frameworks, dialectical behavior therapy, mindfulness interventions, and motivational interviewing techniques. I have worked with clients around the following clinical concerns: depression, anxiety, bipolar disorder, autism, ADHD, personality disorder, sexual assault, child abuse, relationship violence, trauma recovery, crisis intervention, substance use disorders, self-harm behaviors, body image and eating disorder recovery, academic stress, career/academic goals, relationship concerns, grief and loss, family of origin work, LGBTQIAA needs, and developmental and transition issues. I have worked with children, adolescents, and adults in individual, group, and family settings. I have also worked in residential, in-home, outpatient, and college settings. Currently I am working in a private practice, outpatient setting, with adults ages 18 and older.

Session Fees and Length of Service

I provide a free, 15-minute phone consultation prior to starting treatment if requested. My fees for service are \$175 for an initial intake session, and \$150 per therapy session. If you cancel less than 24 hours in advance, you will be billed a cancellation fee of \$50. I accept check, health savings account, and debit/credit card payments. I do not accept insurance, though I can provide clients with a superbill to file for out-of-network reimbursement with their provider at the rate included in their insurance plan. I offer a small number of reduced rate and pro-bono spots on my caseload. If finances are a significant barrier and you need to discuss a reduced rate, we can discuss this in a consultation call or in session. Length of treatment will be determined through initial and on-going assessment, consultation to the client, and will depend on symptom acuity and treatment goals. If I determine that a higher level of care is needed, I will discuss this with you and offer appropriate referrals. If your clinical needs are beyond my scope of practice, I may recommend adjunct services or refer to another professional.

Client Responsibilities

Therapy can be a challenging process; clients do not always feel immediate relief upon beginning therapy. In order to get the most benefit from the counseling process, it is essential for clients to participate fully. This

participation includes providing accurate information to the best of your ability, including information about progress and challenges in meeting goals. It's also important to attend sessions as scheduled, to participate during sessions, and to engage in treatment recommendations and homework outside of session. If something we are doing isn't working, please let me know this as soon as possible so that we can work to find a different solution.

Use of Diagnosis

Diagnosis is used to inform and enhance your treatment, if it appears appropriate to do so. In recording both my assessment of presenting problems and any diagnoses I do make, this information will become part of your permanent chart. If you have any questions or concerns regarding diagnoses, we can discuss this further in session.

Confidentiality

Your trust and confidence are highly valued, and as your counselor I do my best to respect each of those things. All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, 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 (c) there is an indication of the abuse of children, elders, or dependent adults, or (d) I am ordered by a court to disclose information. When I do have to break confidentiality, I attempt to discuss this with clients in advance, and to share only the information necessary to disclose at that time.

Social Media Policy

I do not connect with clients on my personal social media accounts in order to abide by my ethical guidelines. This also avoids us creating a dual relationship, which can be harmful for treatment. I do have a public, professional Instagram account. If you choose to connect with me on this platform, I will not acknowledge knowing you in a clinical capacity in order to protect your confidentiality.

Complaints

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel I am in violation of any of these codes of ethics. I abide by the ACA Code of Ethics (<http://www.counseling.org/Resources/CodeOfEthics/TP/Home/CT2.aspx>).

North Carolina Board of Licensed Clinical Mental Health Counselors
PO Box 77819
Greensboro, NC 27417
Phone: 844.622.3572
Fax: 336.217.9450
E-mail: LPCinfo@ncblpc.org

Acceptance of Terms

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

Client: _____ Date: _____

Counselor: _____ Date: _____