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AASECT Certified Sex Therapist
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DISCLOSURE STATEMENT

Degree and Licensure: I completed a Post-Master's Certificate in Clinical Community Counseling at the Johns Hopkins University in August, 2000. I graduated from Loyola College in Maryland with a Master of Education in Counseling in December, 1997. I was issued my original Maine license as a Clinical Professional Counselor on June, 2001. I became a Certified Sex Therapist through AASECT (American Association of Sexuality Educators, Counselors, and Therapists) on 4/9/15.

Areas of Competence: I work primarily with families and couples, but also see adults individually. I have extensive experience in home-based family therapy, have worked as a family therapy clinical supervisor, and have taught workshops in Structural Family Therapy and Couples Therapy at the Sweester Training Institute. I have attended workshops with David Schnarch, PhD and Ruth Morehouse, PhD, and draw heavily from their Crucible Approach in my work with couples (see www.crucible4points.com for more information).

Over the course of my process in becoming a Certified Sexuality Therapist, I received Individual and Group Supervision from Gina Ogden, PhD, LMFT. Visit www.expandingsextherapy.com for more information about Dr. Ogden's background and her renowned 4-Dimensional Wheel of Sexual Experience model. I am one of two 4-Dimensional Wheel practitioners in the state of Maine.

Almost all couples deal with sexual issues at some point in the course of long-term relationships. Because sexual problems affect how people feel about themselves and each other, their existence can undermine the happiness and psychological safety of the relationship. This reality can also make it challenging for couples to turn sexual problems around on their own. Some of the concerns couples bring to therapy include:

- Can I find greater sexual satisfaction in my relationship?
- How can we better understand and effectively manage differences in desire between us?
- How can I have greater self-confidence in the sexual realm?
- How can I feel stronger desire and more emotional connection to my spouse through sex?

I have training and experience in a variety of areas including family and relationship issues, infidelity and extramarital affairs, sexuality, parenting, diversity issues, life transitions, and adjustment to life stressors, which may involve the cultivation of a mindfulness practice. I have

also worked as a secondary school counselor for six years, a college admissions counselor for four years, and have extensive experience working with adolescents and their families.

Course of Treatment: I view counseling as a collaborative process between the client(s) and the therapist. My role as a family and couples counselor is to observe interactional patterns, beliefs, and behaviors that are affecting clients' current situations. I will provide feedback and information that can help the process in working toward goals, and I will be very curious about what resources have been helpful in the past. In our counseling sessions, I will use a variety of approaches that will draw on your strengths to implement changes in your relationship(s) and life.

At the initial session, we will explore family and personal history, and we will work together to clarify what you wish to gain from our process. When working with insurance companies, one family member is typically the 'identified client'. I will be asked by your insurance company (if applicable) to submit a mental health diagnosis, and we will review this prior to submission.

Your counseling will require a commitment from both of us. For the most part, the content of our sessions will be whatever you choose to bring up or discuss, and I encourage families and couples to interact during our sessions. At times, I may suggest specific activities for you to do during the week to supplement our work in session. Together we will decide the course and duration of your therapy, with the understanding that you may end at any time.

Confidentiality: Confidentiality is a central feature of the counseling relationship. All information disclosed within sessions is confidential and may not be revealed to anyone without written permission, except where disclosure is required by law. In working with families and couples, I am required to secure releases for all adults involved in the process and we will discuss how you would like our communication to proceed outside of session. The following are exceptions to confidentiality, and may require disclosure:

1. I determine there is threat of serious harm to yourself or others;
2. I have reasonable suspicion of abuse of a child, elder, or incapacitated person;
3. I am ordered by the court or our laws to disclose information;
4. You voluntarily consent to release information, in writing;
5. It is necessary to defend myself against a legal action or formal complaint you make before a court or regulatory board;
6. I may share information about you during supervisory consultations;
7. Diagnosis and dates of service will be shared with your insurance company for the purpose of collecting payment. You will be asked to sign a separate form, Consent to Use Health Care Information.

Please also note that when working with couples, I have a 'No Secrets' policy. Specifically, because both partners are my client, I will not withhold information that is shared from one partner from the other. Additionally, electronic correspondence is reserved for scheduling and logistical issues only.

Supervision: In keeping with professional requirements as well as my own professional development and commitment to my effectiveness as a counselor, I participate in clinical consultation or supervision. Should I discuss your case, you will be identified only by first name. My consultants and supervisor will also be under the same limits as confidentiality as I am. On occasion, I have the opportunity to present video recordings from our work together. I will *always* obtain informed consent from you prior to recording, or sharing such material.

Hours of business, fee schedule, and policy regarding third party payments: My usual hours of business are Mondays (8:15 – 2:15 / 4:30-9:30pm); Tuesdays (8:00 - 2:00pm), Wednesdays (9:15 – 1:15pm; 4:30 – 8:30pm), Thursdays (8:15 – 2:15pm) and Fridays (8:15 – 2:15pm) . You can call me anytime to schedule an appointment and leave a message on my voicemail if I am unavailable to take your call. I check phone messages regularly and will return your call as soon as possible. However, if an emergency arises and you are unable to reach me (such as after hours) you may call the statewide crisis line 24 hours a day at (888)568-1112 or go to your nearest hospital emergency room. I will notify you in advance of any holidays or vacations when I will not be available during my usual hours.

Clients are expected to pay for services at the time they are rendered unless other arrangements have been made. My hourly rate is \$175 for counseling services with Maine residents. Sessions are 55-minutes in length. Significantly longer or shorter sessions will be charged proportionately. If you have insurance with one of the two insurance companies with which I am credentialed, I will directly bill that company and you will be asked to pay the deductible and co-payment amounts, which are determined by your policy. If you are unable to come to a scheduled appointment, I request a 24-hour cancellation notice. If your appointment is on a Monday, I request notification on the Friday prior, as I am not customarily in contact with clients over the weekend. Without such notification, a \$150 fee will be charged for missed sessions. Many clients engage in Written Mental Dialogue work, which involves my review and editing of your written work, outside session. The fee for this service is \$50 per draft.

Communication: Please note that I reserve electronic communication (email and/or texting) for logistics and scheduling only, given that such communication is not HIPAA compliant, nor is confidentiality guaranteed. When working with couples, I have a NO SECRETS policy (i.e.: if one spouse discloses to me that they are having an extramarital affair, I would not keep such information from the other spouse).

Divorce and Custody Evaluations: If you ever become involved in a divorce or custody dispute, I want you to understand and agree that I will not provide evaluations or expert testimony in court. You should hire a different mental health professional for any evaluations or testimony which you might need for such proceedings. This position is based on three reasons: (1) statements will be seen as biased in your favor because we have a therapeutic relationship; (2) the testimony might adversely impact our therapeutic relationship, and we must prioritize our therapeutic relationship; (3) If I am seeing you and your partner, you both are both collectively my client and I will not provide evaluation for either side.

Accountability: If you have questions or concerns about treatment, or become dissatisfied in any way, please let me know. If together we are not able to resolve your concern, you may report your complaint to the Board of Counseling Professionals Licensure, Department of Professional and Financial Regulation, Division of Licensing and Enforcement; 35 State House Station Road; Augusta, ME 04333; telephone (207)624-8626. If you have any questions concerning this statement or about the counseling process, please feel free to raise them at any time.

Client Signature; Date

Client Signature; Date

Client Signature; Date

Client Signature; Date

Kristin Areglado Hurley, LCPC, CST; Date