

Professional Disclosure Statement

Randi Konikoff, PhD, BCNCC, LCMHC, LPC, LCAS BCHC, BCTHM, ICAADC, CI

I received a PhD in Counseling in 2016, with a specialization in Addiction Counseling, a Masters of Arts in Professional Counseling in 2009 with a specialization in Addictions and a Bachelor of Science in 2007 from Liberty University. I am a Board Certified National Certified Counselor (322923), North Carolina Licensed Clinical Mental Health Counselor (7657), North Carolina Licensed Clinical Addiction Specialist (1603), Virginia Licensed Professional Counselor (0701009448), Georgia Licensed Professional Counselor (011403), (Internationally Certified Advanced Alcohol & Drug Counselor (206094), Clinical Hypnotherapist Instructor (46971), Board Certified TeleMental Health Provider, Certified Brain Health Coach and Rapid Pain Elimination Therapist. I work in outpatient, intensive, inpatient and residential treatment modalities since 2006. I provide individual counseling for children, adolescents, adults, couples and families. I facilitate educational and therapy groups for anxiety, depression, addictions, trauma, grief, loss, behavioral management, sexual abuse, domestic violence, anger management, life adjustments and relationship issues. I have published therapeutic treatment programs, peer articles, books and music.

I maintain an emphasis on personal responsibility for choices. I believe a person-centered therapeutic approach helps identify areas for improvement and provides motivation to take the necessary steps to attain satisfaction and a higher quality of life. A few specific techniques used in therapy are Cognitive Behavioral Therapy, Solution-Focused Therapy, Rational Emotive Behavioral Therapy, Gestalt, Motivational Interviewing, EMDR Trauma Therapy, Seeking Safety, Dialectical Behavioral Therapy, Clinical Hypnotherapy and Acceptance and Commitment Therapy, among others. Practical applications would include assessments, genograms, worksheets, personal inventory, spiritual beliefs and therapeutic confrontation. Along with other yearly training requirements, in compliance with the licensure boards of which I am affiliated, I also receive 3 hours of cultural competency training from accredited organizations.

I abide by Codes of Ethics policies of the American Counseling Association, National Guild of Hypnotists and North Carolina Substance Abuse Professional Practice Board. A copy of these codes is provided upon request. I consider all discussions confidential unless a client signs a release of information, in cases of suspected child or elderly abuse, if I conclude that a client is a danger to themselves or to another or if I receive a court-order to disclose information. This signed disclosure statement acknowledges agreement with the policy.

The length of treatment is determined by the client with input from the counselor. The client and the counselor will discuss client's treatment goals and decide upon an appropriate course of treatment. Sessions are 50-60 minutes in length. If a diagnosis is required, the diagnosis is determined based upon the recommendation in the Diagnostic and Statistical Manual of Mental Disorders V5 and becomes a part of the client record. Client records are secure and are available only to authorized personnel.

For clients choosing to utilize insurance benefits, out of pocket expenses for counseling services are based upon insurance copays and terms of client's insurance coverage. If clients opt to self-pay, fees are \$175 for the initial assessment and each subsequent session for either individuals or families. Fees are due at each session. Payments for no shows or late cancellations (under 24 hours) are \$100. When you schedule an appointment, you reserve that time for your use, making it unavailable for anyone else. Debit cards, credit cards HSA cards, are acceptable forms of payment. Reimbursements will be handled on an individual basis. Receipts for services are issued at the time of payment. Fees may be adjusted to compensate in cases of financial need. Client requests for documentation will be the financial responsibility of the client and will be billed at \$30 per request.

In case of an emergency, clients are directed to call 911, go to the nearest hospital emergency room or contact their primary care physician. Clients have access to leave a non-emergency message at any time by calling 704-200-1787. Messages will be responded to within 24 hours, during normal business hours.

To register a complaint with the North Carolina Board of Licensed Clinical Mental Health Counselors, contact NCBLCMHC, P.O.Box 77819, Greensboro, NC, 27417 or phone 336-217-6007 or fax 336-217-9450.