

Professional Disclosure Statement

Cleveland Oakes, MHC-LP, BSc. MA

Phidaly Counseling

252 Java Street, Brooklyn, NY

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Qualifications:

I earned my Master of Arts (MA) in Mental Health Counseling from Wake Forest University on December 14, 2024. My training included comprehensive coursework in mental health theories and therapeutic interventions, along with supervised clinical practice. I am a Licensed Professional Mental Health Counselor (LMHC-LP) practicing at Phidaly Counseling in Brooklyn, NY. My clinical supervision is provided by Phillip Scott Tenenbaum, LMHC, MEd (NY License #008965), who has extensive experience working with diverse populations across various mental health settings.

Counseling Background:

I work with individuals, couples, and families, addressing a wide range of mental health issues, including anxiety, depression, relationship challenges, stress management, and life transitions. My approach to therapy is integrative, combining techniques from Rational Emotive Behavior Therapy (REBT), mindfulness, and person-centered therapy to create a personalized treatment plan. I believe in the collaborative process, empowering clients to participate actively in their healing and goal-setting. My areas of expertise include play therapy, dialectical behavior therapy (DBT), and motivational interviewing (MI). I provide therapy to adults, adolescents, and children, adapting my interventions to meet each client's needs.

Session Fees and Length of Services:

Sessions typically last 45 to 60 minutes. I offer a sliding-scale fee structure to ensure clients can receive services based on their financial capacity. The standard rate for individual psychotherapy is \$150 per session. Payment can be made by cash, credit card, or through accepted insurance plans. If your insurance plan requires a diagnosis for reimbursement, I will discuss this with you before submitting any information to your insurance provider. Clients are responsible for fees not covered by insurance, including co-pays and deductibles.

Use of Diagnosis:

Some insurance companies require a formal diagnosis to reimburse counseling services. If a diagnosis is appropriate for your case, I will inform you and discuss its implications before submitting it to your insurance provider. Not all conditions are reimbursable; any diagnosis rendered will become part of your permanent insurance records.

Confidentiality:

Confidentiality is essential to the counseling relationship. All information shared during sessions will remain confidential, with a few exceptions required by law. These exceptions include situations involving suspected abuse or neglect of children, elders, or vulnerable individuals, as well as instances where there is a risk of harm to yourself or others. Additionally, if a court orders, I may be required to disclose information. In such cases, I will attempt to inform you before releasing any information. Clients under 18 may have limited confidentiality, and legal guardians may have access to their records.

Complaints:

If you have concerns regarding our work together, I encourage you to share them directly. Open

communication allows for adjustments that can enhance the therapeutic process. If your problems are not resolved, please get in touch with my clinical supervisor, Phillip Scott Tenenbaum, LMHC, MEd, at Phidaly Counseling, Phone: (insert Phillip's phone number). If you feel your concerns need to be adequately addressed, you have the right to file a formal complaint with the New York State Office of the Professions. Complaints can be made by calling 1-800-442-8106 or visiting the New York State Office of the Professions website at www.op.nysed.gov.

Acceptance of Terms:

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

Client's Printed Name: _____

Client's Signature & Date: _____

Counselor's Signature & Date: _____