



## **Benjamin Deu, MA Counseling Psychology**

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**Training and Degrees:** I received my Masters of Arts in Counseling Psychology at Mars Hill Graduate School in August of 2005. This program is fully accredited by the Transnational Association of Christian Colleges and Schools (TRACS), a National accrediting agency which is recognized by the Council for Higher Education Accreditation (CHEA). My internship included training in marriage, family, individual and group therapy at Compass Health working under my supervisor Elizabeth Sims. In addition to my formal training I have experience working with youth and adults in a variety of settings over the past 11 years. I practice under the title of a state Licensed Mental Health Counselor (LH00010988). I consult weekly with other professional therapists as well as receive ongoing supervision from Doug Hansen (LW00005052).

**Counseling Orientation:** I view the counseling process as forming an alliance with you to explore the nature of your struggles. Although we will spend much time dealing with the specific issues that brought you into counseling, we will also look at the nature of your relationships with the significant people in your life as well. According to my theoretical orientation, many of the forces and dynamics that have influenced the complexity and intensity of your struggles are rooted in relational issues. I believe you are made to relate in a satisfying and self-giving manner, and this is likely both the source of your greatest joy but also of your deepest problems. Thus, we will explore how your relational style interferes with the enjoyment for which you are made. This is also meant to give you hope, that by dealing with the source of the problem we will address the constellation of symptomologies as well. I believe that some issues can have a physical component; in such cases, medical consultation will be advised.

**Billing and Insurance Information:** The fee for counseling will be \$120.00 per 50 minute session. I also offer a sliding scale based on your income and number of dependants. Payments are to be made at the beginning of each session (cash/checks) or credit card payments may be made online through Paypal prior to your session. You will be charged for a missed appointment if you have failed to notify me within 72 hours of our scheduled time (illness and emergencies excepted). Fees will increase \$5 per session per year January 1<sup>st</sup>.

I do not file insurance claims for you. If your insurance provider will be covering the cost of your counseling then you need to make arrangements with them to reimburse you directly. You are responsible for obtaining and filling out any appropriate paperwork and submitting it to the insurance company. I will be glad to fill out any part of the form that is necessary.

**Testifying in Court:** Any time spent testifying in court will be charged at the rate of \$120 per hour including travel time.

**Choosing a Counselor:** You have the right to choose a counselor who best suits your needs and purposes. You may seek a second opinion from another mental health practitioner or may terminate therapy at any time.

**Confidentiality:** There is a legal privilege in this state protecting the confidentiality of the information that you share with me. As a professional, I can assure you that I strive to maintain the strictest ethical standards of confidentiality.

There are legal exceptions to confidentiality. The following situations are those in which the information you have shared with me may be shared with others.

- 1) The client gives written permission to share confidential information.
- 2) Anything that suggests a crime or harmful act.
- 3) If the client is a minor, and there is indication that she/he was the victim or subject of a crime.
- 4) The client brings charges against the counselor.

