

## **DR. GREGG BLANTON**

**Licensed Professional Counselor (#2983)  
Licensed Marriage & Family Therapist (#697)**

### **Professional Disclosure Statement**

The following information is designed to give you information about the counseling process. Please read and sign at the bottom to indicate you have reviewed this information.

#### **PROFESSIONAL BACKGROUND AND TRAINING**

I received my Doctorate in Education in Counselor Education from Texas A&M University - Commerce in 1992. I have provided counseling in a variety of human services agencies and have been in private practice in Asheville since 1999. I am trained to provide individual, family, and couples therapy for children, adolescents, and adults.

#### **THE COUNSELING RELATIONSHIP**

I believe that the counseling relationship provides the basis from which change can occur. My desire is to create a safe relationship, where you feel that your experiences are understood and accepted. With this type of relationship, we can explore old experiences and identify new experiences that you would like to have. The outcome of counseling cannot be guaranteed, but honesty will increase the likelihood of your having a successful experience. I am respectful of the beliefs and traditions of others and will work to achieve mutually agreed upon counseling goals. After assessing your personal concerns, we will decide together if I am the best resource for you. Referrals to other professionals or agencies will be made when appropriate.

**GUIDING PRINCIPLES AND PRACTICES:** My approach to counseling is...

1. Goal oriented: Everything I do is designed to help you reach your goals. We will frequently evaluate to see if we are making progress on your goals. Goals are in the future so much of our dialogue will be about the future.
2. Experiential: I believe that change often requires trial and error. We will often “try out” new behaviors during the session and between sessions and then we will evaluate their effectiveness. Homework between sessions is often an opportunity to try out new behaviors.
3. Multidimensional: We can focus on behaviors, feelings, thoughts, and stories. We will focus on the area that helps us make the most progress on your goals.
4. Designed to enhance awareness and understanding: My job is to understand and accept how you experience yourself, others, and the world. Hopefully, our conversations will increase your understanding of life experiences. Out of this awareness, change occurs.
5. Collaborative: This means that we work together on bringing about change. Change is a shared responsibility. We will work together to decide on goals and means for accomplishing them.
6. Continuous: Change occurs in the office but it also continues between sessions. I am interested in the change that occurs outside the office. I know that you may have conversations with other people about the problem that brought you to counseling, and I know that these dialogues can be helpful. Please keep me informed about these conversations.
7. Spiritually/religiously sensitive: Your spiritual/religious beliefs and practices are valued and utilized as resources for building satisfying lives.

8. Contemplative: An emphasis on being aware of the present moment with acceptance.

#### CONFIDENTIALITY

The information you share with me is strictly confidential and will not be disclosed without your written consent. By law, however, confidentiality is not guaranteed if you share information with me that indicates that a child is being abused, if you pose a serious threat of harm to yourself or someone else, or if a court orders me to disclose information. Feel free to discuss any concerns you have about confidentiality with me.

If you are participating in couple or family therapy, any information you disclose to me privately (e.g., phone, letter, email, etc.) will not be withheld from other members of the therapy system.

#### APPOINTMENTS, FEES, & INSURANCE PAYMENTS

Individual, couple, and family sessions are 50 minutes in length. The fee is \$150 per 50- minute session. If you are unable to keep an appointment, please notify me 24 hours in advance. If I do not receive such advance notice, the charge will be \$50. If you have health insurance that includes coverage and you wish to seek reimbursement for my services, you should contact your insurance company to determine whether my services are covered and whether any preauthorization is required. Health insurance companies require that I diagnose your mental health condition before they will reimburse for counseling. Any diagnosis made will become part of your permanent health insurance records, and I will inform you of the diagnosis I plan to render. Your insurance company may request information about your symptoms and progress in counseling before authorizing additional sessions.

#### PHONE AND EMERGENCY CONTACT

If you try to contact me by phone and I am not available, please leave a message on my voicemail. I return calls within 24 hours. If a call lasts for more than 10 minutes, I will charge you \$50. If you are unable to reach me in an emergency, contact First Call (211) or go to the emergency room of the nearest hospital.

#### COMPLAINTS

If at any time you feel that you have been treated unethically, please let me know. If talking with me does not bring a satisfactory solution to the problem, you have the right to contact the following Boards: a) NC Marriage and Family Therapy Licensure Board at 201 Shannon Oaks Circle, Suite 200, Cary, NC 27511 or b) NC Board of Licensed Professional Counselors at P.O. Box 77819, Greensboro, NC 27417, telephone # (844) 622-3572.

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If you have any questions, please ask them before signing this form. By signing below, you acknowledge that you understand the information above and wish to enter into counseling with Dr. Gregg Blanton.

Client signature \_\_\_\_\_ Date \_\_\_\_\_

Counselor signature \_\_\_\_\_ Date \_\_\_\_\_