



Melissa M. Plair, M.A., LPC, LPCC, NCC
Licensed Professional Counselor (LPC) 6401017048
Licensed Professional Clinical Counselor (LPCC) 13668
melissa.plair@principletherapyandwellness.com
www.principletherapyandwellness.com

PROFESSIONAL DISCLOSURE STATEMENT

EDUCATION AND PROFESSIONAL EXPERIENCE

I hold a Master of Arts in Counselor Education with a specialization in Marriage, Couple and Family Counseling from Western Michigan University, obtained in 2016. I have advanced training in marriage, couple and family treatment modalities and experience working with couples, families, groups, and individuals. I work with diverse clients with a range of mental health and emotional concerns and have worked in private practice, college/university counseling, community behavioral health agency, and school-based settings. I hold the following licensures: Licensed Professional Clinical Counselor (State of California, BBS) and Licensed Professional Counselor (State of Michigan, LARA).

THE NATURE OF THERAPY

The therapy experience varies depending upon the personalities and styles of the counselor, client, and the particular problems you are experiencing. I believe that most people come to therapy after many attempts to solve their problem other ways, but have found that those efforts have not led to an outcome that feels right, or has been able to last over time. Therapy provides an opportunity to make meaning of your experience, gain skills and take action in ways that can help you bring more fulfillment and meaning to your relationships and the various aspects of your life. It can help you better understand yourself. The relationship that we will develop is a central component of the therapy journey.

In addition to the benefits of therapy that I mentioned, there are also some potential risks. While in session and outside of session, it is not uncommon to experience emotions that are uncomfortable and at times painful as a result of what we talk about. You and those around you may experience change that impacts your relationships in expected and unexpected ways. Psychotherapy is beneficial to clients in aiding them in experiencing the full spectrum of emotions and brings to the surface aspects of your human experience that may have been hidden or avoided. At times it may feel as though your problems and emotions have become magnified, or that things have become different. Such an experience is not unusual. This experience is generally a sign of progress in therapy. You may also find that you may begin to experience pleasant and welcome changes in areas of your life that you may or may not have anticipated. We will discuss how these changes are impacting you.

My theoretical orientation lends itself to a psychodynamic way of working with individual clients. I consider who you are now, your past experiences and what you would like to experience in the present in line with your values. When working with couples and families, I pull from family systems approaches, including attachment needs, looking at how all members interact and impact one another and the relationships you share. I incorporate evidenced based treatments such as Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Gottman Couples Therapy, Imago Couples Therapy, and others. There is no guaranteed outcome in therapy; however, I am hopeful that together we will embark on a therapy journey that will lead to increased awareness, meaning and fulfillment.

CONFIDENTIALITY

Your willingness to trust me and be open is something I value and do not take lightly; I will keep confidential anything you say as part of our client-therapist therapeutic relationship. When working with couples and families, the relationship is also considered to be the client. There are some exceptions to confidentiality, which include: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a

danger to yourself, or to another individual, or to an identifiable group of people, (c) you report incidents of child abuse or abuse to a vulnerable adult, or (d) I am subpoenaed by the court with a judge's signature, and am legally required to disclose information. Additionally, all of our communication becomes part of the clinical record, which is accessible to you upon written request. Should you request records, a summary of treatment will be provided in the form of a letter.

TELEHEALTH THERAPY SESSIONS AND SCHEDULING

I believe that psychotherapy will be of the most benefit to you if you attend regularly scheduled sessions. Therapy sessions will usually be held for 50-60 minutes each, for the frequency and duration agreed upon using a HIPAA compliant video platform. With regard to couple and family sessions, if agreed upon, there may be some variation on length of sessions for cash-pay clients. As we continue the therapy process, we may adjust the frequency with which we meet to fit your progression. Once an appointment is scheduled, it is requested that you contact me as soon as possible to give notice, preferably within 24 hours of your scheduled appointment, if you are unable to keep the appointment. Appointments may be scheduled at the time of your current appointment, via the client portal accessed at www.principletherapyandwellness.com, or by contacting me via the telephone number provided, or by email. Appointments cancelled less than 24 hours before the scheduled time may be subject to a late cancellation/no show fee up to the full cash pay cost of the session. If a large number of scheduled appointments are cancelled in advance, or missed without notice (no show), it may be necessary and helpful to talk about whether continuing or discontinuing therapy with me is the appropriate fit for both parties at that time. Sometimes clients are not quite ready to engage in therapy for a number of reasons, or I may not be the therapist fit for you. Perhaps resuming at a later time would fit better. All of this is okay, and we can talk about it and decide to discontinue if needed.

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Principle Therapy & Wellness

www.principletherapyandwellness.com

Telehealth Office Phone: 269-359-1179

Email: melissa.plair@principletherapyandwellness.com

PROFESSIONAL RATES

For Cash-Pay Clients (Not utilizing Insurance)

Assessment Appointment (Psychiatric Diagnostic Evaluation- 60 min) - \$225

Individual Session (Psychotherapy, 53-60 min) - \$185

Couple or Family Session (Couple/Family psychotherapy, conjoint psychotherapy with the patient present, 53-60 minutes) - \$185

*Late Cancellation (less than 24 hours)/No Show Fee - \$50

*Medicaid does not permit billing clients Late Cancellation or No/Show fees.

For Clients Utilizing Private Insurance or Medicaid

If utilizing commercial health insurance, your insurance provider has an agreed upon reimbursement dollar amount for services. If you have insurance coverage for mental health services and wish to utilize it, your insurance provider will be billed. It is your responsibility to provide the office with current insurance information. Your insurance provider may require a co-pay and, or a deductible. Co-pays are due at the time of your appointment and will be charged to the electronic payment method on file. You may be responsible for any portion of fees not reimbursed by your insurance provider. You will receive a bill for applicable co-pays, deductibles and, or co-insurance due. In some cases, you may be required to submit reimbursement

documentation to your insurance provider after paying up front for services. Please note that missed appointment fees are not covered by insurance and thus cannot be submitted for insurance billing.

PAYMENT OPTIONS

- By automatic electronic payment through the Client Portal (A payment method on file is required)
- Special Circumstances Only By Mail- An invoice will be mailed to you with return address information

USE OF DIAGNOSIS

Most insurance providers require a diagnosis of a mental health condition before they will agree to reimburse for mental health services. Some conditions for which people seek therapy do not qualify for reimbursement. If desired, we can discuss the diagnosis before we submit the diagnosis to the health insurance company.

CONCERNS

Should you have concerns about how our therapy work is progressing, I welcome and encourage you to bring them to my attention in session so that we may discuss them. As a behavioral health professional, I abide by the American Therapy Association (ACA) Code of Ethics. The most recent version can be found at this website: (<https://www.Therapy.org/knowledge-center/ethics>) and the AAMFT code of ethics, which can be found at this website: (https://www.aamft.org/Legal_Ethics/Code_of_Ethics.aspx). In the event that you find I have violated these codes of ethics or any laws and would like to file a formal complaint regarding services, complaints should be sent to the following locations:

Clients with California Residency:

Board of Behavioral Sciences
1625 North Market Blvd., Suite S200
Sacramento, CA 95834
Telephone: (916) 574-7830

Clients with Michigan Residency:

Michigan Department of Licensing and Regulatory Affairs
Bureau of Professional Licensing
Investigation & Inspections Division
PO Box 30670
Lansing MI 48909
(517) 241-0205