



BRAIN

PERFORMANCE CENTER

PROFESSIONAL DISCLOSURE STATEMENT Leigh E Richardson, MS, NCC LPC, BCB, BCN

Therapy is a relationship that works because of clearly defined rights and responsibilities held by each person. This statement helps to create the safety to take risks and the support to become empowered to change. As a client in psychotherapy, you have certain rights that are important for you to know about because this is your therapy, there are also certain limitations to those rights that you should be aware of. As a therapist, I have corresponding responsibilities to you.

My Responsibilities to You as Your Therapist:

Client information is kept confidential and will be released only under the following conditions:

- The counselor determines that the client is a danger to himself/herself or to someone else.
- The client discloses abuse, neglect, or exploitation of a child, elderly, or disabled person.
- The client discloses sexual contact with another mental health professional with whom the client had/has a professional relationship.
- The counselor is ordered by a court to disclose information.
- The client directs the counselor, in writing to release the client's records.
- The counselor is otherwise required by law to disclose information.

Client Rights:

Some clients achieve their goals in a few counseling sessions, whereas others may require more than 20 sessions. As a client, you are in complete control and may end our therapy relationship at any time. I ask that you participate in a session where we measure your progress against your treatment goals; but you have the right to refuse. I render all therapy services in a professional manner consistent with accepted clinical standards. If at any time, for any reason, you are dissatisfied with

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my services, please let me know. I hope you'll talk about it with me so that I can respond to your concerns. I will take such criticism seriously, and with care and respect. You can also contact the Texas State Licensing Board, at 512-776-2150.

My Training and Approach to Therapy:

I am Board Certified in Neurotherapy (2004) Board Certified in Biofeedback (2012). I have completed a MS in Counseling and am a Licensed Professional Counselor.

My therapy is based on Cognitive Behavioral Theory. Cognitive behavioral therapy (CBT) is based on the theory that our thoughts cause our feelings and behavior, not other people or situations. The benefit of this is that we can change the way we think to feel and act better even if the situation does not change.

The goal of CBT is to modify everyday thoughts, behaviors, and influence emotions in a positive way, by eliminating the negative self talk that produces irrational behavior. CBT helps you learn to discriminate between your own thoughts and the events that occurred in reality, helping you to get the facts straight. The basic CBT assumption is, the most direct route to changing dysfunctional emotions and behaviors is to modify the inaccurate and faulty thinking.

CBT typically includes a limited number of sessions and is structured with the focus being to help the client achieve the goals they have set. Part of my theoretical approach is to create change in behavior from a triad approach. First, what in the Central Nervous System, the brain, is out of balance? How does the imbalance, over activation or under activation impact what we do, or do not do? Does it create imbalance in the autonomic nervous system creating physiological instability that creates mental instability? This is my thought process as I approach working with you. The assessment that I do looks at all three angles.

By signing below, I acknowledge that I have received and reviewed the Professional Disclosure Statement and understand the confidentiality limitations.

Client _____ Date _____

Counselor _____ Date _____

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