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PROFESSIONAL INFORMATION

QUALIFICATIONS AND EXPERIENCE

I graduated from Texas State University with a M.A. in Professional Counseling and currently hold a LPC license. I worked for 4 facilitating the evening Intensive Outpatient Program for substance abuse. I have also built a private practice counseling individuals (adults and adolescents), couples, and groups as well.

APPROACH TO COUNSELING

My approach to counseling begins with meeting clients where they are and selecting a treatment method that best fits their goals and individual issues. It is an integrative, eclectic view that draws from psychodynamic, interpersonal and positive psychology theories. The goals that we set will come from you, and through therapy the aim is to help you remove obstacles to reclaim control and satisfaction in your life. I provide an open, accepting environment that can challenge and inspire people to change what isn't working for them and build on inner resources.

CONFIDENTIALITY

Confidentiality means that I have a responsibility to safeguard information obtained during counseling. All identifying information about your assessment and treatment is kept confidential, except as mandated by law. You must sign a release of information before any information about you is given to anyone, except as mandated by law.

In certain situations, mental health professionals are required by law to reveal information obtained during therapy to other persons or agencies without your consent.

Please note the following exceptions to confidentiality:

- Confidentiality does not apply to cases of suspected abuse/neglect of children or the elderly.
- Confidentiality does not apply to cases of potential harm to self or others.
- A mental health professional may disclose confidential information in proceedings brought by a client against a professional.
- Confidentiality does not apply to cases involving criminal proceedings, except communications by a person voluntarily involved in a substance abuse program.
- Confidentiality may not apply in cases involving legal proceedings affecting the parent-child relationship.
- Confidentiality may not apply to cases involving a minor child. In such cases, the mental health professional may advise a parent, managing conservator or guardian of a minor, with or without minor's consent, of the treatment needed by or given to the minor.

Insurance and managed care companies require personal identification information, diagnosis, symptoms, treatment goals, prognosis, evaluation of progress, and other information before reimbursement is considered. Such companies may also maintain the right to have a copy of your records.

HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT (HIPPA)

Federal law requires the protection of the privacy of your health information. Although your counseling

record is the physical property of my office, the information contained in your health record belongs to you. Please refer to HIPAA Notice of Privacy Policy for more complete information. Additionally, a comprehensive Office Policy is available upon request.

You have the right to:

- request a restriction on certain uses and disclosures of your information
- inspect and obtain a copy of your health record
- amend your health record as provided by regulation
- obtain an accounting of disclosures of your health information as provided by law
- request communications of your health care information by alternative means or locations
- revoke your authorization to use or disclose health information except to the extent that action has already been taken

THE BENEFITS OF COUNSELING

One major benefit that may be gained from participating in counseling is the resolution of the concerns brought to therapy. Other possible benefits may be a better ability to cope with marital, family and other interpersonal relationships, and /or a greater understanding of personal goals and values.

THE RISKS OF COUNSELING

There are certain risks involved in counseling. You may experience a variety of negative emotions during therapy as you remember and therapeutically resolve unpleasant events. Seeking to resolve concerns between family members, marital partners, and other persons can similarly lead to discomfort as well as relationship changes that may not be originally intended. The greatest risk of counseling is that it may not by itself resolve your concerns and referrals to other sources will be provided if necessary and appropriate.

CLIENT RIGHTS

As a client you have the right to inquire about the process and procedures of the counseling process as well as to refuse suggestions or request changes. You also have the right to end the counseling relationship at any time, although I request that we hold a final session.

My sessions are handled in a professional manner in accordance with the ethics standards of practice of the American Counseling Association. My license is also covered by the Code of Ethics of the Texas Licensed Professional Counselors Board of Examiners. If you have a complaint or concern you may contact the Texas Department of State Health Service at 1-800-942-5542.

Please remember that this is a professional relationship and if I see you in public I will respect your privacy by not approaching you, unless you acknowledge me first. Also, I will not be able to discuss the details of your case with you in public.

COST OF SERVICE

The cost of service is \$90.00 per 50 minute session. I am in-network for Blue Cross/BlueShield. **Please note that there is a \$50.00 fee for no-show appointments or last minute cancellations (except for illness or emergency) payable at the next appointment.**