

PROFESSIONAL DISCLOSURE STATEMENT

Beatriz H. Lloret, M.A., LPC
Licensed Professional Counselor, License # 71439, Texas

This document is designed to provide information concerning your counselor's competency, philosophy, and chosen techniques and to ensure that you understand the professional relationship of counselor and client.

PROFESSIONAL EDUCATION AND ADDITIONAL TRAINING

- Bachelors of Science degree in **Psychology** from Unoeste University (Brazil) and a Masters in Community **Counseling** with Emphasis in **Marriage and Family Therapy** from Sam Houston State University - TX.
- Training in Conflict **Mediation** by the Austin Dispute Resolution Center.
- Completed trainings levels 1 and 2 on the **Gottman Method of Couples Therapy**.

AREAS OF COMPETENCE

My areas of competence include: INDIVIDUAL COUNSELING, COUPLES THERAPY, FAMILY THERAPY and GROUP COUNSELING. I believe that clients have the ability to choose how to resolve their own problems and can make their own decisions with my assistance as a skilled facilitator. As a counselor, I hope to facilitate increased self-awareness regarding your life experiences that can lead to you to increase self-confidence, self-esteem, independence, mental health. My goal is that you leave therapy better equipped to effectively navigate the complex challenges that are part of your journey and emotionally capable of living a fuller life.

TECHNIQUES

Because I believe that a client's self-awareness and choices are key to developing self-direction and independence, my techniques will include person-centered, systems techniques supplemented with psychodynamic and emotionally-focused therapy. In my work with couples I also utilize the theories and techniques of the Gottman Method of Couple Therapy, that have been proven highly effective.

These techniques will provide methods to solve problems utilizing the client's own strengths to meet their needs.

PROFESSIONAL RELATIONSHIP

While our sessions might be very intimate psychologically, it is important for you to understand that we have a professional relationship rather than a social relationship. Our contacts, other than chance meetings, (where I will not greet you, only respond if you decide to do so, in order to protect your privacy) will be limited to appointments you arrange with me. I will not attend your social gatherings, accept gifts from you, or relate to you in any other way than in the professional context of our counseling sessions. You will be best served if our relationship remains strictly professional and our sessions concentrate exclusively on your concerns. While you might learn much about me as we work together, it is important for you to remember that you are experiencing my professional role.

CONFIDENTIALITY

I will keep confidential the things you tell me, with the following exceptions: (a) you direct me to tell someone else, and I agree to do so; (b) I decide you are a danger to yourself or others; (c) I am ordered by a court to disclose information; (d) you disclose abuse of a child, a disabled person, or an elderly person; (e) you disclose that a previous therapist sexually exploited you; or, (f) other reasons as specified in laws of Texas. Confidentiality also does not extend to criminal proceedings or to legitimate subpoenas in a civil proceeding. I will maintain a record of our counseling sessions. If needed, in order to provide you with the best quality of services possible, I may eventually have consultations about your case with other qualified professionals, while actively protecting your identity. I am committed to honor your trust in my professional work and will always protect your confidentiality. I practice my work using the highest ethical standards. If I ever need to discuss your case with other professionals (physicians, psychologists, etc.) rest assured that I will always follow the HIPPA regulations, discuss it with you first and will only do it with your written consent to do so.

OTHER

It is my intention to render my services in a professional manner consistent with accepted standards of practice. Our sessions will last between 45 and 50 minutes for individual, marital or family counseling, and 90 minutes for group counseling.

It is impossible for any counselor to guarantee any specific results regarding your counseling goals. However, together we will work to achieve the best possible results for you.

I hereby consent and agree to receive counseling services from Beatriz H. Lloret, and acknowledge that I have received a copy of her Professional Disclosure Statement.

_____/_____/_____
Beatriz H. Lloret

_____/_____/_____
Client