

To Whom It May Concern,

My name is Stephanie Lawson. I have a Master's in Professional Counseling from Liberty University. I achieved this degree in January 2013. I am currently a Licensed Professional Counselor in North Carolina, and my license number is 13727. I am certified as a NADA Acu Detox Specialist and my certification number is 13276.

I have 7 years of counseling experience, serving many different populations. I have provided intensive in-home services with children and families, as well as helped individuals improve life skills through mental health skill building. I have worked with acute mentally ill in a psychiatric hospital. I am most experienced in working with adults in crises for mental health and substance use. I have over 2 years' experience of providing individual outpatient therapy, as well as experience in providing couples and marital therapy. I primarily use the theoretical approach of Cognitive Behavioral Therapy; however, I will often use techniques from Motivational Interviewing, Dialectical Behavioral Therapy, Solution-Focused Therapy, Narrative Therapy, and Person-Centered Therapy. Specific techniques include the Miracle Question, Identifying Automatic Negative thoughts, Cognitive Restructuring, Mindfulness, Cognitive Distortions, "Changing the Narrative", as well as implementing Acu Detox. Each individual session lasts 45-60 minutes, and groups vary from 45-90 minutes, depending on topic and population.

Methods of payment include cash, check, or credit card. I currently accept most insurance, as well as self-pay. Your diagnosis is a part of your health record, and this is how you will be billed as well as how your treatment plan is created. Treatment plans are created through incorporation of your goals, symptoms, and diagnoses that influence your needs and objectives.

All sessions are confidential. You have the right to sign releases of protected health information for individuals or other treatment providers, in which information may be shared. There are exceptions to confidentiality and a responsibility to breach confidentiality for any of the following situations- indication of harm to self or others, indication of child or elder abuse, or if there is a court order. You have the right to be treated fairly and with respect and dignity. If at any time during your treatment you feel mistreated, please contact the North Carolina Board of Licensed Professional Counselors at PO Box 77819 Greensboro, NC 27417, Phone: 844-622-3572 or 336-217-6007.

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Stephanie Lawson, MA, LPC

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Client