**Kelly Harvey, LPC, lcmhc, ccs**

**HIPPA, Informed Consent & Consent to Treat**

This first section will give you some background information about my training and education. I received my Master’s in Counselor Education from the University of South Florida in 1995, and completed doctoral coursework at Kent State University in 1999. I am trained in, and have taught cognitive behavioral therapies (CBT, REBT) but also enjoy working with relational, attachment, and more creative modalities such as mindfulness, art, writing, and somatic techniques.

I am a certified clinical hypnotherapist, and certified professional counseling supervisor (inactive). With my long career and curious mind, I can work with you using a variety of methods, depending on what best suits your needs, temperament and learning style. My style is collaborative, my focus is on anxiety, relationship challenges, and self-acceptance, with emphasis on curiosity and self-compassion. We will work to understand both symptoms and emotions, improving awareness, distress tolerance and emotion regulation. People can and do improve their lives, and live without anxiety, perfectionism, and fear of failure.

I have experience working with a wide range of people and concerns. I particularly enjoy working with people who are navigating diverse life experiences, such as trans nationals (people who have lived in more than one culture), minorities, and with the LBGTQ community. I find meaning in helping people navigate questions of identity and change.

**SPECIALTIES**

My practice is inclusive, anti-oppressive, and actively advocates for women, minorities, LGBTQ clients, and those in nontraditional relationships. My passion lies in helping people become their own friend and advocate.

* Stress, Anxiety
* LGBT
* Eating disorders
* Self esteem
* Coping with life changes

**Also:**  
Addictions , Relationship issues , Family conflicts , Trauma and abuse , Grief , Intimacy-related issues , Parenting issues , Career difficulties , Depression , Abandonment , Adoption and Foster Care , Attachment Issues , Body Image

**Clinical approaches:**  
Attachment-Based Therapy, Client-Centered Therapy, Cognitive Behavioral Therapy (CBT), Existential Therapy, Hypnotherapy, Mindfulness Therapy, Motivational Interviewing

**Years of Experience:** 28

**SERVICES OFFERED**

Individual, Couples, Group therapy

**Licensing**

Certified Clinical Hypnotherapist, (CCH), 2018

Certified Professional Clinical Supervisor (CPCS) Georgia, 2016-22 (lapsed)

LPC #007390 (Expires: 2024-09-30)

LCMHC, #EL 06049 New Hampshire (Expires 2024-06-03)

**Risks and Benefits**

People come to therapy because they have lost touch with their sense of self, identity, and wholeness, or because they have had painful experiences which have injured their trust and ability to connect. Therapy is about relearning skills and experiencing a safe relationship while rediscovering oneself as healthy, happy, and whole. Sometimes, this process is difficult, and you may experience discomfort as we go through it together. This is a collaborative process, and I cannot promise any particular outcome, as every client is different. What I can offer is my skills and experience, and a promise that if you need someone with a different skillset, I will not hesitate to suggest a referral.

**Process**

Therapy typically begins with an assessment or evaluation. This is a period of 1-3 sessions in which therapist and client explore the problem, the client’s background, and work together to establish clear and realistic goals for therapy. By the end of the first session, I will be able to give you some ideas about what I think is going on, and how I might help you, for you to make an informed decision about whether we are a good fit for one another. My style is collaborative, and I encourage questions and conversation. If it will be helpful, I may suggest a referral to for further testing or medical evaluation. Our goal is to understand all the factors contributing to your functioning, and that may include medical issues, addiction, or processing issues like ADHD. In addition to identifying difficulties with you, I will be working to help you get clear on your strengths and resources: what you do well, who you can rely on, your strengths of character and personality.

**Payment**

Therapy typically runs for one 55-minute session per week initially, and is paid for at the time of visit. Rates are $150 per fifty-five minute session, $80 per thirty minute session. I accept MC, Visa, Discover, American Express, Zelle and Paypal. All sessions are tele mental health. **I require 24 hours’ notice for cancellation, or you will be charged an $80 cancellation fee**.

**Contacting Me**

Due to my work schedule, I am often not immediately available by telephone. What’sApp, Email and text are the most efficient way to reach me promptly. If you are difficult to reach, please inform me of times when you will be available. If you are unable to reach me and feel that you cannot wait for me to return your call, contact your family physician, call 911, or call the nearest emergency room and ask for the psychologist or psychiatrist on-call.

(404) 599-7015 (text, What’sApp)

[kelly@kellyharveylpc.com](mailto:kelly@kellyharveylpc.com)

**Confidentiality**

HIPPA is the law which protects your health information privacy, and it governs the privacy of communications between a client and a therapist. In most situations, I can only release information to others about your treatment if you sign a written consent. There are other situations that require only that you provide written, advance consent, as follows:

Summary of HIPAA:

• Health professionals are legally bound to keep patient information confidential.

• Disclosures may be required by health insurers or to collect overdue fees.

• If a patient threatens to harm himself/herself, hospitalization may be necessary.

• Written authorization or a court order is required to provide information in court proceedings.

• Government agencies may request information for health oversight activities.

• Information may be disclosed to defend oneself in a lawsuit.

• Patient information may be used for research purposes with patient consent.

Mandated Reporting

There are some situations in which I am legally obligated to take actions, which I believe are necessary to attempt to protect others from harm and I may have to reveal some information about a patient’s treatment. These situations are unusual in my practice.

• If I have reason to believe that a child has been abused, I am a mandated reporter. The same applies to a disabled adult or elder person. Once I have filed such a report, I may be required to provide additional information.

• If I determine that a client presents a danger of violence to another, I may be required to take protective actions. These actions may include notifying the potential victim, and /or contacting the police, and/or seeking hospitalization for the patient.

You should be aware that, pursuant to HIPAA, I keep Protected Health Information in two sets of professional records. One set constitutes your Clinical Record. It includes: 1) your reasons for seeking therapy, 2) a description of the ways in which your or problem impacts on your life, 3) diagnosis, 4) goals that we set for treatment, 5) progress towards those goals, 6) history (medical social, treatment), billing records, and any reports that have been sent to anyone.

Except in unusual circumstances, you or your legal representative may examine and /or receive a copy of your Clinical Record, if you request it in writing. Because these are professional records, they can be misinterpreted and/or upsetting to untrained readers. For this reason, I may request that you initially review them in my presence or have them forwarded to another mental health professional so you can discuss the contents. I can charge a copying fee.

I also keep a set of Psychotherapy Notes. These Notes are for my own use and are designed to assist me in providing you with the best treatment. While the contents of Psychotherapy Notes vary from client to client, they are informal bullet points that serve as reminder of important statements, my analysis of conversations or interpersonal dynamics, and how they impact on your therapy. They may also contain particularly sensitive information that you may reveal to me that is not required to be included in your Clinical Record. Psychotherapy Notes are kept separate from your Clinical Record. Psychotherapy Notes are not available to you or anyone else.

HIPAA provides you with rights including 1) requesting that I amend your record; 2)requesting restrictions on what information from your Clinical Record is disclosed to others; 3) requesting an accounting of most disclosures of protected health information that you have neither consented to nor authorized; 4)determining the location to which protected information disclosures are sent; 5) having any complaints you make about my policies and procedures recorded in your records; 6) the right to a paper copy of this agreement; the attached notice form, and my privacy policies and procedures. Circumstances 1-5 are rare. I am happy to discuss any of these rights with you.Bottom of Form

Signature date