

Ava Vaughan Therapy

Professional Disclosure Statement

Ava Vaughan, MEd, NCC, LPC (VA), LMHP (TN), LCMHC (NC)

AvaVaughanLPC@protonmail.com

Phone: 423-797-6395

Qualifications

Ava Vaughan holds a bachelor's degree in psychology (Radford University 2005), a master's degree in Counselor Education, Mental Health Counseling (Lindsey Wilson College 2010). She has been involved in providing community mental health services to children, adults, and families for over 20 years in a variety of roles and settings. Ava has extensive experience in treating individuals associated with the military, healthcare workers, and other professionals. Ava has treated trauma in individuals of all ages and has been trained in EMDR since 2018, when Ava first entered private practice. Ava Vaughan holds the following certificate and licenses:

- Nationally Certified Counselor 276398 (2011)
- Virginia Licensed Professional Counselor 0701007560 (2018)
- Tennessee Licensed Mental Health Provider LPC0000004741 (2019)
- North Carolina Licensed Clinical Mental Health Counselor 16430 (2020)

Counseling Background

Ava Vaughan currently treats adults of all ages. Ava sees individuals and couples for counseling and therapy. Some common concerns that Ava Vaughan addresses are as follows: stress management, relationship issues, anxiety, mood, and life transitions. Theoretically, she applies an integrative approach that will best fit each client's needs. Some of these theoretical orientations and techniques include the following: cognitive behavioral therapy (CBT), solution focused, somatic based, humanistic, and Eye Movement Desensitization and Reprocessing (EMDR). Ava Vaughan incorporates mindfulness in all approaches. Ava Vaughan does not discriminate against or refuse professional services to anyone based on race, gender, religion, national origin, or sexual orientation. If your need for services is greater than can be provided in a remote outpatient setting, Ava Vaughan will make a referral for appropriate care. In case of an emergency please call 911, text or call 988, or go to your local hospital emergency room, or other local community crisis center. Ava Vaughan does not provide after-hours crisis services.

Sessions Fees and Length of Service

Ava Vaughan is an independent practitioner, and charges fees as established for her private practice unless participating as a contractor with agreed upon fees related to that group agency or telehealth platform. It is strongly encouraged to learn what your financial responsibility is before services are rendered. As an independent, private pay therapist, Ava Vaughan will provide a Good Faith Estimate in accordance with the No Surprises Act of 2022, that will estimate the cost of services and may be updated as changes in frequency or duration arise.

Ava Vaughan accepts debit and credit cards. Payment is expected at the time of services unless other arrangements have been made and are acknowledged in writing. In the event fees cannot be paid in a timely manner, the client may be referred to another agency or resource. A session will only be scheduled if the previous session has been paid. If clinician services are needed outside of regular treatment, and this requires a burden of time or expense, fees will be billed to the client at the hourly rate. This includes, but is not limited to, fees for court appearances, writing assessments, letters, reports, or copying of records.

Private pay fees are listed as follows:

- Initial assessment (first session) 55 minutes Individual \$325, Couples \$350
- Individual counseling / therapy 55 minutes \$300
- Couples' counseling / therapy (conjoint) 55 minutes \$325
- Late cancellation / No Show fee for Individual \$300 or Couples \$325 per occurrence at the time of the occurrence
- Court appearances \$500 per hour plus any travel and incidental expenses
- Assessments, letters, and reports outside of regular treatment services will be charged at the hourly rate of the established treatment service as referenced above.

It is important to be consistent with therapy. With consistent services, progress towards goals is achievable. To make the best use of client and clinician's time, all appointments are expected to be on time. If you need to reschedule, please contact Ava Vaughan at least 48 hours in advance of scheduled session. A 48-hour notice provides an opportunity to reschedule as soon as possible and stay on target with the frequency of sessions or allocate time for another client to be seen. If you are going to be more than 15 minutes late, please call to reschedule. Sessions run approximately 55 minutes and arriving later than 15 minutes will take away from your scheduled time and can impact other clients that have scheduled that day.

There is an understanding that there are emergencies and in the case of a true emergency that impacts participation, Ava Vaughan will discuss with you how to proceed. Ava Vaughan encourages open dialogue and welcomes feedback to ensure that your needs are met with tailored and consistent services. If a client has three late cancellations and / or does not show for three scheduled appointments, Ava Vaughan may choose to end services and/or refer to another agency.

The length of services is unique to each client and is commonly six to twelve months and will be more specifically identified at the initial assessment when discussing treatment. The length and frequency of service will be adapted as indicated by progress which is also unique to each client. The length and frequency of service is agreed upon with the consent of services. A Good Faith Estimate also includes a reasonably expected length of service that may change based on progress during treatment. Ava Vaughan will periodically discuss progress and any change in expectation of length and / or frequency of service. A Good Faith Estimate will be updated as needed. The client reserves the right to choose to end services at any time, although notice is greatly appreciated.

Referrals may be made to other agencies or providers by Ava Vaughan to best serve client needs. This may mean that Ava Vaughan will choose to end services and refer to another provider to secure the most appropriate services and maintain safety. Reasons for referral include but are not limited to clients who need additional time or service beyond the scope that Ava Vaughan can provide; safety issues; emerging diagnoses that may be better treated by another provider or level of treatment; specific issues that Ava Vaughan does not treat; or changes in payment ability.

Use of Diagnosis

Most health insurance companies will require a diagnosis of a mental-health condition and indicate that you must have an “illness” before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. Any diagnosis made will become part of your permanent insurance records. Health insurance companies may dictate theoretical approaches used by a clinician, length of session, and length of service. This is why Ava Vaughan does not participate in health insurance billing within her private practice, Ava Vaughan Therapy. Ava Vaughan will use the DSM VTR to guide her in the process of diagnosis in those situations in which a diagnosis is indicated. Ava Vaughan adheres to best practices and the highest standards of care as dictated by her profession, the National Board of Certified Counselors Code of Ethics, the American Counseling Association Code of Ethics, and the respective state licensing boards by which Ava Vaughan is licensed (TN, VA, NC).

Confidentiality

Relationships are built on respect, trust, and honesty. Conversations with Ava Vaughan will be confidential except in instances where there is a legal mandate to report. These situations are: 1) if you express an intent to harm yourself or someone else and 2) if reasonable suspicion that a child or elderly/disabled adult has been abused or neglected. In addition, a court may order Ava Vaughan to testify about your therapy. Unidentifiable information may also be disclosed for the purposes of supervision or clinical consultation or licensing / certification. Ava Vaughan will make every effort to inform you regarding any decision pertinent to the confidentiality of the therapeutic relationship.

Ava Vaughan Therapy does not participate in insurance. As a result, Ava Vaughan maintains only strictly necessary information for the delivery of quality services.

As part of her work with you, Ava Vaughan may identify a diagnosis of your condition as appropriate. Ava Vaughan will discuss this process with you should it arise. Be aware that although a therapist’s notes have special protection and therapists protect those diligently, it is possible that a judge can court order specific access to psychotherapy notes.

All communication becomes part of the clinical record, which is accessible to you upon written request. You may choose to release this information to any outside entity.

Complaints

Although clients are encouraged to discuss any concerns directly to allow improvement of services, you may file a complaint against Ava Vaughan with the organization below should you feel Ava Vaughan is in violation of any of these codes of ethics. Ava Vaughan abides by the ACA Code of Ethics (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>) as well as the NBCC Code of Ethics (<https://www.nbcc.org/ethics>).

If you cannot resolve the problem directly and would like to file a complaint you may contact the respective state board:

Tennessee Board of Licensed Professional Counselors
Licensed Marital and Family Therapists and Licensed Pastoral Therapists
665 Mainstream Drive Nashville, TN 37243
(615) 741-5735

Virginia Board of Counseling
Perimeter Center
9960 Mayland Drive, Suite 300
Henrico Virginia 23233-1463
Phone: (804) 367-4610
Fax:(804) 767-6225
Complaints: (800) 533-1560

North Carolina Board of Licensed Clinical Mental Health Counselors
P.O. Box 77819
Greensboro, NC 27417
Phone: 844-622-3572 or 336-217-6007
Fax: 336-217-9450
E-mail: Complaints@ncblcmhc.org