



Statement of Philosophy

The Therapeutic Process

I believe that people seek help through psychotherapy for a wide range of life's difficulties, including: inability to build and maintain satisfying relationships with others, low self-esteem, desire to improve communication, depression, anxiety, failure to attain personal or professional goals and lack of spiritual fulfillment. These problems are related to and influence one another—for example: when we are limited in our ability to experience intimacy with others, we lose touch with important aspects of our own selves. Conversely, when we are out of touch with our deepest motivations, desires and fears, we are hindered in our ability to make satisfactory contact with others. Clients can expect issues of self-love and self-acceptance as well as love and acceptance of others to be a key aspect of their therapy.

In addition to our own thoughts and feelings, we are all deeply influenced by the beliefs, words and behavior of others, and I believe that a single individual is never: “The problem that needs to be fixed.” For this reason, although I greatly enjoy working with individuals, my preference whenever possible is to use a systemic approach: working with a couple or family that is experiencing difficulties. It is my belief that therapy is successful when the client gains greater self-acceptance, achieves more meaningful social and intimate relationships and maintains progress toward reaching his or her desired goals.

I desire at all times to treat you and those close to you with courtesy and respect. In my desire to not add to the pain that has probably brought you to therapy, I want both clients and myself to feel free to express as soon as it may be known that our therapeutic relationship is not the right “fit”. My hope is that the best therapist can be found for you as soon as possible. I wish my clients to define their problems and therapeutic outcomes. I do not assume that I know what you need, nor will I try to “shape” you into my image of emotional health. Together we will seek to improve and hopefully resolve whatever issues have brought you into therapy.

Qualifications

I am a licensed Marriage and Family Therapist with more than 18 years' experience. I hold master's degrees in both Marriage and Family Therapy and Christian Ministry. In addition, I am certified in EMDR, a unique and well-researched information processing therapy particularly suited to resolving emotional stress related to traumatic or disturbing events. My work with clients in both private and public settings has enabled me to gain expertise in working successfully with individuals, families, couples, groups, children and adolescents.

Judy McClung, MA, LMFT

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Confidentiality and Fees

Confidentiality

All therapy sessions are confidential. The only instances requiring disclosure are:

- If required by law
- If subpoenaed
- If life-threatening conditions exist (suicide threat, abuse or neglect of children or elders, potential harm to others)
- If the client has signed a waiver such as for insurance reimbursement or release of information to other qualified professionals

When providing couple, family or group treatment, I can not disclose information outside the treatment context without **written authorization from each individual** competent to execute a waiver. I request that if you decide to discontinue our work that you agree to at least one more session so we can discuss how to best meet your needs. I reserve the right to discuss your case with qualified professionals for my own continuing professional development; all the above rules of confidentiality apply in this supervisory setting.

Fees and Length of Therapy

Initially, it is difficult to predict the number of sessions that will be needed, but I will have a better idea after we have met three or four times. By then, I should have a clearer understanding of both your issues and your desired outcomes. My fee for therapy (in person, over the phone or by email) is \$120.00 per hour. My fee for court involvement with clients is \$120 per hour for preparation time, \$200 per hour from the time I leave my office or residence to the time I return to my office or residence and \$120 per hour when I am issued an on-call subpoena beginning at the starting time in court and ending when I get a call that I am no longer needed to be on-call. Payment is expected at the time services are rendered, unless other arrangements have been made in advance. There is a \$20.00 charge for returned checks. If you cancel your appointment with less than 24 hours notice or if you are more than 15 minutes late, you will be billed \$120. Clients are held financially responsible for any damage done to the therapy space by the client, client's pet or the client's family. I do accept credit cards, but prefer to be paid in cash, check or through apps like goggle pay.

Please do not wear perfume or any kind of scented body care products because I am allergic to their smell!

I have read the above disclosure statements and have had the opportunity to ask questions pertaining to them.

Client: _____ Date: _____

Client: _____ Date: _____

Client: _____ Date: _____

Therapist: _____ Date: _____

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