

**Megan Clark, MACC, LPCA**  
**15008 Lancaster Highway, Pineville, NC 28173**  
**Email: [megan.clark.counseling@gmail.com](mailto:megan.clark.counseling@gmail.com)**  
**Phone: 704-375-5354 ext. 403**

### **My Professional Qualifications**

I am a graduate of the Master of Christian Counseling (MACC) Program at Gordon-Conwell Theological Seminary (2013). I am a Licensed Professional Counselor Associate (LPCA) in the state of North Carolina (license #A12777).

### **Restricted Licensure**

As part of my ongoing training as an LPCA in North Carolina, I am under the professional supervision of Felicia Friesen, LPCS. She can be contacted at: 400 N. Broom Street, Suite 304, Waxhaw, North Carolina, (704) 301-3828.

### **Counseling Background**

I have four years of experience working with a diverse client population, including children, teenagers, and adults. My experience includes individual counseling, couples counseling, family counseling, and group counseling. I have addressed an array of client issues including depression, anxiety, grief/loss, transition stress, illness/disability, relationship problems, parenting, infertility, adoption, special needs, spiritual concerns, trauma, and career issues.

Counseling includes both the development of a trusting relationship between us and the development of goals and plans for you to accomplish them. For counseling to be effective, you must be fully engaged in trying to understand and change your thoughts, feelings and behaviors. You will have to work both in and out of the counseling sessions, which may include exercises like writing in a journal or observing yourself and practicing new behaviors.

At first, we will focus on understanding your situation and developing specific and realistic goals toward which you can work. I will encourage you, support you, and help you devise appropriate steps that will help you move closer to your goals, but you must do the work.

As a Christian, I believe that we are whole persons, with physical, psychological, social and spiritual aspects. Whether or not we discuss spirituality will be up to you, but I want you to understand that this affects how I understand others and the nature of problems in living. In my practice this spiritual perspective is integrated with well-established and researched methods of therapy including family systems, psychodynamic, and Gestalt.

You must understand that counseling holds possible risks as well as benefits. Risks might include temporarily feeling higher levels of emotions such as sadness, guilt, anxiety or anger. Sometimes, relationships with others can take unaccustomed directions that feel awkward at first, no matter how committed you are to positive change.

### **Session Fees and Length of Service**

Our sessions will be fifty minutes long (unless you schedule 80 minutes). I make every effort to begin promptly with each session. Please be on time so you do not miss out on a full session.

At Sanctuary Counseling Group, our fee is \$125 per hour for individual, couple's, and family therapy, with a \$150 fee for the initial session. We accept cash, checks, and credit cards (Mastercard and VISA only) for session payments and all fees are due at the time services are rendered. We also accept several insurance plans. If you wish to have us pre-authorize services with your insurance company, please let us know. Note that it is our mission to provide services at an affordable rate and therefore we also offer a sliding scale fee which ranges from \$75 to \$125 per session and is based on your income.

Cancellation of appointments must be made at least 24 hours prior to your appointment. If the appointment is not canceled within this time period, you will be charged the fee of a regular session.

Please be advised that emails, texting and phone calls are for scheduling purposes and/or sending therapeutic documents and resources. Except in cases of mental health emergencies, any electronic or telephone communication beyond that will be considered a part of a counseling session and will be billed accordingly.

### **Use of Diagnosis**

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most 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. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis before we submit the diagnosis to the health insurance company. Any diagnosis made will become part of your permanent insurance records.

### **Confidentiality**

It is important for you to know that everything you discuss with your counselor, as well as your written client record, will remain strictly confidential. Supervision, both individual and group, will be sought by your counselor in order to best serve you, but your counselor's supervision team is also bound by confidentiality laws and ethical mandates. The only other exceptions to confidentiality will occur if: 1) You share intent to harm yourself or someone else. 2) You share or imply knowledge of child or elder abuse or neglect or the abuse or neglect of another person who is unable to advocate for him/herself. 3) If we receive a court order to share clinical information.

As an LPCA, I am required to record our sessions for review by my supervisor. After use in supervision sessions, I will destroy the session recordings. When your case is discussed with my supervisor, I will try to protect your identity by using only your first name and by changing identifying information if necessary.

Apart from the exceptions noted above, I will not tell anyone anything about your treatment, diagnosis, history, or even that you are a client, without your full knowledge and a signed Release of Information Form.

### **Complaint Procedures**

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel I am in violation of any of these codes of ethics. I abide by the ACA Code of Ethics

(<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

North Carolina Board of Licensed Professional Counselors  
P.O. Box 77819  
Greensboro, NC 27417  
Phone: 844-622-3572 or 336-217-6007  
Fax: 336-217-9450  
Email: [Complaints@ncblpc.org](mailto:Complaints@ncblpc.org)

### **Acceptance of Terms**

We agree to these terms and will abide by these guidelines.

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Client's Signature \_\_\_\_\_ Date \_\_\_\_\_

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Counselor's Signature \_\_\_\_\_ Date \_\_\_\_\_