

Empowerment Oasis, PLLC

Wanda C. Kellyman, M.Ed., M.S., BCC, NCC, LCMHC

National Certified Counselor (NCC-1138626)

Licensed Clinical Mental Health Counselor (LCMHC-15671)

(336) 701-0037

eocpllc@gmail.com

eocpllc@empowerment-oasis.org

<https://empowerment-oasis.org>

Professional Disclosure Form

I, Wanda Kellyman, M.S., M. Ed., NCC, LCMHC, am pleased that you have selected me as your counselor. I hereby provide the following professional disclosure information to inform you about my background and to ensure that you understand our professional relationship.

Licensure and Education:

I am a highly qualified professional with extensive experience and credentials in counseling and mental health. I hold the titles of National Certified Counselor (NCC) and Licensed Clinical Mental Health Counselor (LCMHC) in North Carolina. Currently, I am pursuing a Ph.D. in Leadership Studies at North Carolina A&T State University, where my research focuses on the impact of transformative leadership on the well-being of individuals with mental health conditions in postsecondary educational settings.

My educational background includes a Master's degree in Rehabilitation Counseling from Winston Salem State University (2017), a Master's degree in Special Education from the University of Phoenix (2006), and a Bachelor of Arts degree in History with a minor in Religion from High Point University (2003). Additionally, I have obtained Graduate Certificates in Rehabilitation Counseling from the University of Kentucky (2013) and in Family Life Education and Coaching from North Carolina State University (2020).

I am proud to be licensed by the National Board of Certified Counselors, Inc., and the North Carolina Board of Licensed Clinical Mental Health Counselors, which allows me to provide exceptional counseling services. With my comprehensive academic foundation and expertise, I bring valuable insights and skills to my profession.

Professional Experience:

With a combined experience of 27 years in the field, I have established myself as a seasoned professional in the domains of mental health counseling and disability support in educational

settings. Over the course of 6 years, I have served as a dedicated mental health counselor, providing compassionate care and guidance to individuals seeking support. Additionally, I possess an extensive background of 21 years working in public schools, including both K-12 and higher education institutions, where I have been instrumental in assisting students with disabilities in navigating their academic journeys. Throughout my career, I have gained valuable insights and honed my skills by working in diverse clinical settings, including private practice, inpatient behavioral health services at a hospital, and various educational institutions. This breadth of experience has equipped me with a deep understanding of the unique challenges individuals face and has reinforced my commitment to making a positive impact in their lives.

Professional Affiliations:

As an active participant in professional organizations, I hold membership in both the American Counseling Association (ACA) and The National Association for Poetry Therapy (NAPT). The ACA serves as a collective voice for licensed counselors, counseling students, and other professionals in the counseling field, advocating for their interests and promoting the highest standards of practice in the United States. On the other hand, my affiliation with NAPT reflects my dedication to leveraging the transformative potential of poetry as a therapeutic modality. As a nonprofit organization, NAPT fosters collaboration among professionals from diverse backgrounds, united in their commitment to utilizing poetry as a means of healing and personal growth. Through these memberships, I engage with like-minded professionals, staying updated with the latest developments and actively contributing to the advancement of counseling and poetry therapy.

Areas of Expertise:

In my counseling practice, I specialize in addressing a wide range of mental health concerns. I have a particular focus on working with clients who are experiencing anxiety-related conditions, such as generalized anxiety disorder, panic disorder, social anxiety disorder, phobias, and other related issues. Additionally, I am dedicated to supporting individuals who are grappling with depressive symptoms, including major depressive disorder, persistent depressive disorder (dysthymia), postpartum depression, or seasonal affective disorder.

Another area of expertise is providing counseling for clients who have experienced traumatic events, helping them navigate post-traumatic stress disorder (PTSD) and other trauma-related symptoms. I am committed to creating a safe and supportive space for individuals to process their experiences and find healing. Moreover, I assist clients in facing the emotional and psychological challenges associated with grief and loss, including bereavement, life transitions, and traumatic losses.

In addition to these areas, I am passionate about helping individuals develop a positive self-image, improve self-esteem, and address body image concerns or body dysmorphia. I believe in empowering clients to cultivate healthy relationships with themselves and their bodies. Lastly, I

provide practical techniques and strategies to help individuals effectively manage stress, enhance resilience, and promote overall well-being. By utilizing a personalized approach tailored to each client's unique needs, I strive to support them in their journey toward mental and emotional well-being.

Services Offered:

Services offered encompass a wide range of therapeutic modalities and support options. I offer individual counseling, family therapy, group therapy, psychoeducation, and consultations, tailoring the approach to suit the specific needs of each client.

In addition to counseling sessions, I provide comprehensive assessments to gain a deeper understanding of clients' unique circumstances. Based on these assessments, I develop thorough treatment plans that outline specific goals and objectives. If necessary, I offer referrals to specialized professionals or resources that can further support clients' mental health needs.

Central to my practice is the utilization of evidence-based therapeutic interventions. I draw upon established research and clinical expertise to implement treatments that have been proven effective in promoting positive outcomes. By incorporating these evidence-based approaches, I aim to provide clients with the highest quality of care and increase the likelihood of meaningful progress.

In summary, my professional services encompass a range of therapeutic interventions, including individual counseling, family therapy, group therapy, psychoeducation, and consultations. Through assessments, treatment planning, referrals, and evidence-based interventions, I strive to provide comprehensive and effective support to those seeking assistance in their mental health journey.

Approach and Philosophy:

At the core of my therapeutic approach lies a belief in the power of a holistic and strengths-based perspective. I view individuals as complex beings, recognizing the interconnectedness of their physical, mental, emotional, and spiritual well-being. Rather than solely focusing on problems or deficits, I place a strong emphasis on identifying and harnessing their strengths and resources.

To achieve this, I integrate various evidence-based therapeutic modalities into my practice. These include Cognitive-Behavioral Therapy (CBT), which helps clients recognize and modify unhelpful thoughts and behaviors, and Dialectical Behavior Therapy (DBT), which promotes emotion regulation and interpersonal effectiveness. Additionally, I incorporate Acceptance and Commitment Therapy (ACT), which encourages individuals to develop acceptance of their

experiences and commit to values-driven actions. Mindfulness-based approaches are also integrated to cultivate present-moment awareness, reduce distress, and foster overall well-being.

By tailoring these therapeutic approaches to meet the unique needs of each client, I aim to create a collaborative and empowering therapeutic environment. This allows individuals to tap into their inherent strengths, enhance self-awareness, and work towards achieving their personal goals. Through this holistic and strengths-based approach, I strive to support clients in their journey toward improved well-being and a more fulfilling life.

Confidentiality and Privacy:

In my practice, I prioritize the utmost importance of client confidentiality and privacy, abiding by rigorous ethical standards set forth by reputable organizations such as the American Counseling Association (ACA) and the North Carolina Board of Licensed Clinical Mental Health Counselors.

I maintain strict confidentiality regarding the information shared during counseling sessions, recognizing the sensitive nature of the content discussed. Unless there is a legal obligation to disclose specific information, such as suspected child abuse or an imminent threat of harm to oneself or others, all details remain confidential and protected. This commitment to confidentiality ensures that clients feel safe, respected, and comfortable sharing their thoughts, emotions, and experiences within the therapeutic space.

By adhering to these ethical guidelines, I strive to create an environment built on trust and confidentiality, allowing clients to freely explore their concerns and work towards their therapeutic goals with the assurance that their privacy is protected.

Fees and Payment:

- Clients are asked to pay for sessions at the time of service.
- My fee for a 60-minute counseling session is \$110.
- My fee for a 45-minute group session is \$55 per person.
- I accept credit cards, Stripe, or PayPal online payments. A transaction fee will be applied to all payments.
- I offer a sliding scale fee for therapy sessions for clients without insurance who may be experiencing financial hardship. I do not offer a sliding scale fee for group sessions or those with insurance that can be accepted.

Income Range	Session Fee
Less than \$20,000	\$40 - \$55 per session
\$20,001 - \$35,000 per year	\$60 - \$75 per session

\$35,001 - \$50,000 per year	\$80 - \$95 per session
\$50,001 - \$75,000 per year	\$100 - \$110 per session

Use of Diagnosis:

The extent of reimbursement for counseling services by health insurance companies can differ significantly. While certain providers may offer coverage, others may not. It is crucial to acknowledge that most insurance companies typically necessitate a diagnosis of a mental health condition and may only provide reimbursement if there is a recognized "illness" present. It is important to understand that not all reasons for seeking counseling may meet the criteria for reimbursement. If a qualifying diagnosis is required, I will inform you in advance. Please be aware that any diagnosis made will be documented in your permanent records, and you will be responsible for filing any insurance claims with your insurance company.

Professional Boundaries:

I maintain professional boundaries with clients, ensuring a respectful and ethical therapeutic relationship.

I have clear policies regarding appointment scheduling, cancellation, and rescheduling.

Appointment Scheduling:

- a) Clients can schedule appointments by calling our office during business hours or by using our online messaging system.
- b) Appointments are scheduled on a first-come, first-served basis, and we strive to accommodate client preferences as much as possible.
- c) Initial appointments may require additional time for intake assessment, so clients are advised to plan accordingly.

Cancellation Policy:

- a) Clients must provide 24-hour notice for appointment cancellations.
- b) Cancellations should be made by calling our office directly. Voicemail messages regarding cancellations outside of business hours are accepted.
- c) Clients who do not provide at least 24-hour notice or fail to attend their appointment without prior notification will be charged a cancellation fee of \$35.

Rescheduling:

- a) Clients who need to reschedule an appointment are encouraged to contact the office as soon as possible to find an alternative time.
- b) We understand that unforeseen circumstances may arise and will make reasonable efforts to accommodate rescheduling requests.

Late Arrivals:

- a) Clients are encouraged to arrive on time for their scheduled appointments to make the most of their allotted time.
- b) If a client arrives late, the session may still need to end at the scheduled time to avoid delays for subsequent clients.

