



## Disclosure Statement for Glen Tig, M.A., LPC (updated May 7, 2008)

### Professional Snapshot:

- **Licensed Professional Counselor (LPC)**  
NC Board of Licensed Professional Counselors, Certificate #2446
- **National Certified Counselor (NCC)**  
National Board of Certified Counselors #77299
- **M.A. in Clinical Psychology**  
North Carolina Central University, 1991.
- **Psychotherapist** in private practice since 1992, providing in-depth psychotherapy for individuals and couples.
- **Jungian orientation** — a “down-to-earth” blend of therapeutic approaches adapted to the needs of each client.

### Continuum of Care – Description of Services

- **InnerWork Psychotherapy**, for clients who feel they are “missing the mark” in life, or challenged by depression, stress, anxiety, fears, inhibitions, mood swings...; also for those in search of an increased sense of personal meaning, life purpose, and self-acceptance.
- **Relationship Counseling**, working with couples and singles to address issues of intimacy, conflict, romance, sexuality, and communication.
- **Dream Analysis**, helping clients decipher dream symbols to find direct insight and guidance.
- **Gay & Lesbian Counseling**, offering LGBT individuals and couples the added comfort of working with a gay therapist.
- **Addictions Treatment**, treating alcoholism, substance abuse, chemical dependency, compulsive behaviors, and co-dependency issues.
- **Sex Counseling**, assisting men and women (straight and gay) who feel blocked from full enjoyment of healthy sexual pleasure. Also assisting those who need help recovering from sex-addiction and compulsive sexual acting out.
- **Men’s Counseling**, for any adult man struggling to make sense out of the confusion of being male in our modern world.
- **Mid-Life Counseling**, helping clients in their middle years to understand the shifting sands of this often-misunderstood period of transformation.

This information is intended to assist you in understanding the counseling services provided at InnerWork – appointments, fees, insurance coverage, background of therapist, and other assorted topics. Please review these pages carefully and feel free to ask any questions.

**1) Description and Limitations of Services:**

- a) Glen Tig, M.A., LPC is a Jungian psychotherapist specializing in both relationship counseling and depth psychotherapy for individuals.
- b) As a rule, Glen Tig does not provide emergency care or in-depth case management.

**2) Appointments and Cancellations:**

- a) Scheduled appointment times are set-aside specifically.  
Clients are requested to make every effort to keep every appointment.
- b) Cancellations are appropriate only in cases of *GENUINE EMERGENCY*.
- c) In case of unavoidable cancellations, please notify Glen Tig as soon as possible—at least 24 hours in advance.
- d) In many situations, sessions are booked months in advance. If possible, please notify Glen 30 days in advance if a session needs to be cancelled.

**3) Telephone Policy:**

- a) With prior arrangements, clients may choose to hold sessions over the telephone.
- b) Fees per session are the same over the phone as in the office. On the phone however, clients may be responsible for some long distance charges. Whereas I usually schedule office sessions for 50 minutes, I can frequently be more flexible with the length of telephone consultations (charged on a pro-rated basis).

**4) Insurance & Diagnoses:**

- a) Counseling sessions may or may not be insurance reimbursable.
- b) Clients may be given a billing statement for insurance purposes with all the necessary information at the time of payment.
- c) In some cases, with prior arrangements, InnerWork may agree to file insurance claims.
- d) However, regardless of determinations made by insurance carriers, clients are responsible for full payment of fees.
- e) Before providing reimbursement, insurance companies customarily require that clients be given a formal, mental health diagnosis.
- f) Glen Tig will discuss diagnoses with clients and address any concerns.
- g) Any diagnosis made will become a part of client's permanent medical/insurance records.
- h) InnerWork Psychotherapy does not participate in any "managed care" programs.

## **5) Fees**

- \$150.00 - 50 minute session
- \$3.00/minute - Pro-rated Telephone time

## **6) Payment Information**

- a) Payments should be made IN FULL by cash or check made payable to Glen Tig, either at the beginning or at the end of each session.
- b) Clients may also pay fees on-line with major credit cards through PayPal (plus 3%).
- c) With prior arrangements only, Gen Tig may be able to bill an insurance company for part of client fees. However, clients are personally responsible for all fees- regardless of determinations made by insurance carriers.

## **7) Cancellation Policy**

- a) Full hourly fees are due for sessions cancelled with less than one day (24 hours) advance notice.
- b) Cancellation messages left on voice mail will be considered sufficient notification.
- c) In many situations, sessions are booked months in advance. If possible, please notify Glen 30 days in advance if a session needs to be cancelled.

## **8) Sliding Scale:**

Openings for clients who pay on a sliding scale are extremely rare. These arrangements are usually made only for current clients who meet with financial hardship during the course of therapy.

## **9) Confidentiality:**

All information shared in a session will be kept confidential. However, due to state, provincial, and federal laws, Glen Tig may be required to reveal certain information under the following circumstances:

- a) If Glen Tig suspects from something a client says that a child or elder has been (or will be) abused or neglected.
- b) If Glen Tig suspects from something a client said that the client intends to harm him/herself or another person.
- c) If a judge orders Glen Tig to release information.

## **10) Complaints:**

- a) I agree that if I have complaints about any aspect of my sessions with Glen Tig at InnerWork, I will bring up these issues with Glen as soon as I become aware of them.
- b) If I do not feel like Glen has addressed my complaint sufficiently, I understand that I am entitled to contact the "North Carolina Board of Licensed Professional Counselors" for clarification of clients' rights at: PO Box 21005, Raleigh, NC 27619-1005.
- c) In any case, I understand that the first course of action is to discuss my complaint with Glen Tig.

**11) Risks & Cautions:**

By signing this document, I certify that I have read and understand the following precautions and potential risks of participating in counseling or psychotherapy:

- a) Clients may decide to make significant life changes.
- b) Genuine changes often result in varying degrees of stress and discomfort.
- c) Counseling and psychotherapy may stir up high levels of distressing feelings: sadness, anger, frustration, guilt, shame, anxiety, fear...
- d) Clients may uncover intense or uncomfortable memories.
- e) Effective therapy and genuine change may take time. Results are rarely rapid

**12) Client Statement:**

- a) By signing below, I hereby document that I, \_\_\_\_\_, give my permission and consent to Glen Tig, M.A. to provide counseling services to me.
  
- b) Furthermore, with my signature, I am certifying that I have read, that I understand, and that I agree to abide by the guidelines of this 3-page Participation Contract.
  
- c) I agree to pay \$\_\_\_\_\_.00 per session, and I agree to inform Glen Tig if my personal (or family) financial situation changes.
  
- d) I hereby authorize InnerWork Psychotherapy to file insurance claims on my behalf, to release information to my insurance carrier that is pertinent to the evaluation of such claims, and to accept direct payment of my insurance benefits.

\_\_\_\_\_  
Signature of Client (or client's legal guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Therapist

\_\_\_\_\_  
Date