



# CARE Counseling Clinic, LLC

## Counseling Disclosure Form

### **Counseling Disclosure Statement for Angie Sherwood, LCSW, Jessica Crocker, LMSW and Spring Baxter, LMSW**

Welcome to CARE Counseling Clinic, LLC: We are a group of self-contracted professionals practicing autonomously, yet working, sharing and growing professionally together. We want your experiences here to be positive and enlightening for you. This disclosure statement is to inform you about your counselor and your rights as a client. Please sign this form to verify that you have received this information. Take your time, read this carefully, and ask your counselor if you have any questions.

#### **Angie Sherwood's credentials and education are as follows:**

Idaho Licensed Clinical Social Worker #2770 Dual Master's Degree: Mental Health Counseling & Addiction Counseling, Northwest Nazarene University and CCTP Certified Clinical Trauma Professional

Angie provides a safe, warm, and honest atmosphere while accompanying clients through their journey to reach their goals and create the life they have envisioned. Angie believes that each client presents with unique circumstances requiring unique approaches. As an Integrative Therapist, she offers a variety of therapeutic techniques designed to meet each client's needs. Angie's theoretical framework is a compilation of cognitive-behavioral therapy, EMDR, CPT, solution focused therapy, motivational interviewing, and DBT to name a few. Angie has received advanced training in treating eating disorders and as earned her advanced trauma certificate (CCTP). Angie enjoys working with families, individuals, couples, and adolescents.

Angie considers herself blessed to be able to work in a profession she truly loves and feels passionate about. Angie notes "It is a privilege to be invited into my client's inner lives to travel the journey with them through healing, self-empowerment, and change."

#### **Jessica Crocker's credentials and education are as follows:**

Jessica Crocker-Oswald is a Licensed Masters Social Worker (LMSW). She graduated from Northwest Nazarene University with a Master's Degree in Social Work, with an emphasis in clinical mental health and addictions. Her education also includes a Bachelor's Degree in Social Work from the University of Wisconsin - River Falls in 2007

In Jessica's 13 years of practice in the social work field, she has enjoyed working with and supporting clients across all ages of development from early childhood to those in the late stages of life. Jessica has worked with children and families experiencing domestic violence, she has also provided care to both children and adults with developmental disabilities, and to those with severe and persistent mental illnesses.

During Jessica's internship in graduate school, she provided counseling to children, adolescents, and families, and discovered a passion for working with these clients. She also developed an affinity for play therapy in her work with children.

Jessica is also passionate about providing trauma-informed care in a safe, therapeutic environment. During her graduate studies, she pursued an additional focus in learning about trauma and its effects on the mind and body. Jessica's graduate research led her to trauma informed yoga as one evidence-based treatment for trauma. She pursued a 200-hour yoga instructor certification, enabling her to provide trauma-informed yoga.

Jessica believes each person matters, their feelings matter, their voice matters, and their unique qualities and strengths matter. She provides a trauma-informed approach that honors and supports each individual's path to healing by creating a safe environment, building trust, and empowerment through choices.

Jessica grew up in Minnesota and Wisconsin and now lives in the Treasure valley. In her spare time, she enjoys camping, hiking, yoga, gardening, and spending time with her family.

## **Spring Baxter's credentials and education are as follows:**

Spring Baxter is a graduate of Boise State University. She strives to create a calm, accepting, and supportive environment to enable the client to feel valued, safe, and supported. She uses a person-centered approach with a focus on the strength perspective to help clients overcome difficulties.

Spring focuses on individuals and couples seeking support to understand and address anxiety, depression, communication barriers, self-esteem, bipolar and personality disorders, career/educational explorations, parenting education and support, and life transitions. She enjoys working with clients desiring behavior and thought modifications.

Spring believes that life's journey creates unique strengths in all people that can be harnessed and utilized to increase one's quality of life. Spring believes in helping clients gain self-awareness to enable healing in a respectful and genuine space.

In her spare time, she enjoys reading, writing, baking, and spending time in the mountains.

## **Idaho Board of Social Work**

The Idaho Board of Social Work has the general responsibility of regulating the practice of licensed clinical social workers. The licensure of any individual under the licensing laws of Idaho does not imply or constitute an endorsement of the counselor nor guarantee effectiveness of treatment. The Idaho Social Work Licensing Board is through the Idaho Bureau of Occupational Licenses, Owyhee Plaza, 1109 Main Street, Suite 220, Boise, Idaho 83702.

## **Client Rights**

\* Counseling is a voluntary act, and you have the right to choose counselors who best suit your needs. We will do our best to accommodate your needs or to give you an appropriate referral.

\* You have the right to be treated ethically by your counselor. Counselors are required to adhere to the code of ethics adopted by the Idaho Board of Social Work.

\* Sexual Intimacy between a counselor and a patient is NEVER appropriate, and should be reported to the Idaho Board of Social Work.

## **Confidentiality Policy:**

Confidentiality Policy: If you have any questions about confidentiality, please talk to your counselor. The clinicians at CARE Counseling Clinic, LLC observe confidentiality within the code of ethics written by the Idaho Board of Social Work, National Association of Social Workers, HIPPA Guidelines, and state and federal law. To provide effective service, your therapist may discuss your case with others working in or for CARE Counseling Clinic (i.e., other counselors, and/or the receptionist). However, no clinical information about you, beyond what is required for billing/reimbursement, is given to anyone outside of CARE Counseling Clinic's staff including parents, partners, roommates, employers, or teachers. The communication between counselor and client is privileged with the exception of the following (pursuant to Idaho Rule of Evidence 517-d),

\* We have your written permission.

\* It is necessary to notify appropriate authorities in order to prevent clear and imminent danger to you or others.

\* You indicate that there is reasonable cause to believe that a child, dependent adult, or a vulnerable elderly person has been abused.

\* A court orders us to disclose confidential information about you. If this happens, we will first ask that the court reconsider their order. If they refuse to drop their order, we will disclose only the minimum amount of information we deem necessary to satisfy the court's order.

\* You waive the privilege by bringing charges against us or initiate Licensing Board proceedings under Idaho Code 54-3404.

\* There are proceedings for guardianship, conservator ship, or hospitalization. As to a communication relevant to an issue in proceedings for the appointment of guardian or conservator for a client for mental illness or to hospitalize the client for mental illness.

\* Child related communications. In a criminal or civil action or proceeding as to a communication relevant to an issue concerning the physical, mental or emotional condition of, or injury to a child, or concerning the welfare of a child including but not limited to the abuse, abandonment, or neglect of a child.

## **Psychotherapy**

Our goal is to provide consultation, evaluation, and counseling services for clients dealing with issues impacting their well-being. We work with clients in exploring new approaches to the issues they are dealing with. This may include problem solving techniques, healthy decision making, and cognitive and behavioral strategies for coping and managing thoughts, feelings, and behaviors.

## **Counseling Clinic Services**

A range of options may be discussed following an assessment of the need for counseling services. Please inquire about current therapy/group offerings. Our services include:

Individual Therapy • Child/Adolescent Therapy \* Family Therapy \* Eating Disorders • Trauma • EMDR • Depression and Anxiety • Short/Long Term Therapy • Pain Management • Adjustment Disorders • Education/Support for Alternative Parenting Techniques \* Bariatric Assessments \* Addiction Counseling \* Oppositional Defiant Disorder \* Depression \* Anxiety \* Grief and Loss