

Professional Disclosure Statement

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My Qualifications

I attended NC State's Clinical Mental Health Counseling program and graduated in December 2023. I am a Somatic Experiencing Practitioner (SEP) through the Somatic Experiencing International (SEI). I have completed studies EMDR, ketamine-assisted psychotherapy, the Neuro-Affective Relational Model (NARM), Neuro-Linguistic Programming (NLP), Brainspotting 1, as well a variety of trainings in somatic touch for trauma resolution including Somatic Resilience and Regulation: Early Trauma and Bodywork and Somatic Experiencing (BASE). Some of my specialized training and certification enables the ethical use of touch in psychotherapy to assist with trauma resolution. I facilitate family constellations. I am also a licensed massage and bodywork practitioner (LMBT NC #17761). I studied massage at the San Francisco School of Massage in 2018. Additionally, in 2010 I was awarded a master's degree in Transformative Leadership from the California Institute of Integral Studies.

Restricted Licensure

I am licensed as a Clinical Mental Health Counselor Associate (LCHMCA #A19654) in North Carolina. I am under supervision with Kelly Wedell, LCMHCS #S3897, who can be reached at kellywedellpc@gmail.com or 828-545-4103. I am also under supervision with Heather Langan, who can be reached at hlangan7@gmail.com or 919-423-4224.

Background

I have worked in the healing arts since 2008. Early on that was as an NLP Practitioner, then as a Somatic Experiencing Practitioner, and finally also as a massage and bodywork therapist. My work has evolved to integrate extensive training in the intersection between mind, body, emotions, and spirit. I look forward to soon being able to incorporate the transpersonal and non-ordinary work of psychedelic-assisted psychotherapy.

My theoretical orientation is primarily person-centered and body-centered, and my work is informed by attachment theory and current neuroscience's wisdom on how to restore the nervous system to a resilient state after developmental and/or shock trauma. Issues that clients address in counseling include personal, emotional, professional, relationship, cultural, and spiritual issues, among many others. In essence, this integrative, body-inclusive counseling approach strives to integrate a genuine and empathic relationship with the client, mindful, body-inclusive awareness, and a collaborative effort at identifying what is needed to enjoy a healthier and satisfying life. The experiential nature of our sessions will offer client's opportunities to sample new ways of being in relationship to themselves and others as well as a place to begin to integrate those experiences.

I work with adult individuals, couples, and groups to create positive shifts in areas of life that feel stuck, unhealthy, and unsatisfying. My clinical interests include working with mindfulness and the mind/body connection, helping cultivate secure attachment, healing trauma, increasing resilience, holding space for grief, the ethical use of touch in psychotherapy, working with couples and sexuality, healing shame, and the use of somatic practices, movement, and ritual. I am open to working with individuals and couples of all persuasions as well as those in polyamorous relationships. I have a particular interest in working with folks aiming towards a sense of belonging, connection, and all types of relational trauma. I aspire for my practice to be LGBTQ+ and neurodivergent affirmative and inclusive. If you see a way I am not living up to this, you are welcome to bring it

to my attention. I aspire to be awake to systems of oppression as well as the intersection between privilege and oppression and to be sensitive to the impact these realities have on mental health and mental health care.

Touchwork

Touch is currently a less common therapeutic intervention in psychotherapy, but can be very useful when working with trauma, particularly in early relational and attachment trauma work. Touch is only used with your full and express permission, which may be withdrawn at any time. To say it again, I will never touch you without your express consent in the moment and your consent can be revoked at any time. This somatic touch is done fully clothed and is not done with the intent of manipulating body tissue.

Session Fees, Length of Service, Payment

My session fees are: \$150 / 1 hr, \$220 / 1.5 hr, or \$290 / 2 hr.

I am starting to pursue paneling with various insurance companies, but at this point am not yet able to accept any insurance. When paneled, I will only be able to bill insurance for sessions of 1 clinical hour (or ~53 min) in length. I will keep all clients up to date on the process of getting paneled.

I offer a limited number of sliding scale slots for my hour-long sessions. 1 hr session sliding scale starts at \$60. I am unable to offer sliding scales for longer sessions. You are welcome to enquire if I have any such openings.

I can accept check, cash, HSA, or credit card payment. If you want to pay via card, then I will send you a separate credit card authorization form.

Use of Diagnosis

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require that 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.

Cancellation

I have a 24-hr cancellation policy. Please give me 24-hrs notice if you need to cancel or change your appointment. You may be subject to a no-show or late cancel with less than 24 hours notice. This fee is up to \$50 but no more than our agreed upon session amount.

Communication

You can email me at amy@somaticcollaborative.com or you can call or text at 919-229-9862. This is a Google Voice number that turns off notifications after business hours so you can message when you need, but please know that I will not see it until business hours resume. I do my best to respond in a timely manner but am not always able to reply immediately.

Please note that I cannot ensure the confidentiality of any form of electronic communication and thus ask that you not discuss specific therapeutic content via these methods. Should you choose to send sensitive information via

these methods, be aware that your information is not fully secure and that I will discuss it with you during a session in order to protect your confidentiality and privacy.

Furthermore, I do not provide emergency or crisis services. If you have an emergency, please contact 911. If you are not in immediate danger but would still like someone to talk to, you can reach out to the Suicide & Crisis Lifeline at 988 or the Trevor Project at 1-866-488-7386.

Here is a list of local (triangle area in NC) crisis services:

Freedom House (MH/SA) 919-967-8844
Freedom House Mobile Unit 866-275-9552
Chapel Hill Suicide Hotline 800-233-6834
Durham Suicide Hotline 800-510-9132
Holly Hill Crisis Assessment 919-250-7000
Wake County Crisis Services 919-250-3133
Compass Center (Dom Viol) 919-929-7122
UNC Adult Emergency Services (day) 919-966-5217
UNC Adult Emergency Services (night) 919-966-4131
UNC Child Emergency Services (day) 919-966-2166

I offer telehealth sessions and should you be interested in this service then we can discuss further.

Regarding personal technology use, I will not knowingly accept friend or contact requests on any social media platform from you to my personal accounts. This is done in order to protect your confidentiality and our respective privacy. It may also blur the boundaries of our professional therapeutic relationship. Should in the future I set up a professional social media presence, then that would be allowed.

Confidentiality

All of our communication becomes part of the clinical record, which is accessible to you upon request (unless doing so would be psychologically harmful). I will keep confidential anything that you say to me, with the following exceptions:

1. You direct me in writing to have all or portions of such content released to a specifically named person/persons.
2. You threaten or attempt to commit suicide or otherwise conduct yourself in a manner in which there is a substantial risk of incurring serious bodily harm.
3. You threaten grave bodily harm or death to another person.
4. I suspect or am made aware that you or other named victim are the perpetrator, observer of, or actual victim of physical, emotional, or sexual abuse of children under the age of 18 years.
5. Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
6. Suspected neglect of the parties named in items #4 and #5.
7. If I am ordered by a court to disclose information.
8. If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.

Occasionally I may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

In instances where you participate in group classes, I cannot guarantee confidentiality from other group members. However, I will do everything I can to ensure all group members understand confidentiality policies.

If we see each other outside of the therapy office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you

acknowledge me first, I will be willing to speak briefly with you but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

Client Rights

If you desire a diagnosis or any other type of treatment from a different practitioner, you may seek such services at any time. In the event you terminate my services, you have a right to coordinated transfer of services to another practitioner. You have the right to refuse my services at any time. You have a right to be free of physical, verbal, or sexual abuse. You have a right to know the expected duration of sessions. You may assert any right without retaliation.

Complaints

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 Clinical Mental Health Counselors
P.O. Box 77819
Greensboro, NC 27417
Phone: 844-622-3572 or 336-217-6007
Fax: 336-217-9450
E-mail: Complaints@ncblcmhc.org

I am also a licensed Massage and Bodywork Therapist in the state of North Carolina (LBMT #17761). You are also able to file a complaint against me with them. The NCBMBT can be reached here (<https://www.bmbt.org/mtpages/complaints.html>) or (<http://www.bmbt.org/downloads/Complaintform.pdf>).

Acceptance of Terms

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

Client: _____ Date: _____

Counselor : _____ Date: _____