



The On Earth Project

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THE ON EARTH COUNSELING PROJECT

The On Earth Counseling Project is dedicated to providing a safe and supportive environment wherein counselors partner with clients to work toward sustainable personal growth and mental/emotional health.

—Mission Statement

Valerie A. Rousseaux-Swift, M.A., LPC

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PROFESSIONAL DISCLOSURE STATEMENT Licensed Professional Counselor

Thank you for reading this professional disclosure statement. I am very excited to have the opportunity to work with you. In our first session I can answer any questions about the process. This document will provide you with information regarding our work together and give you a better understanding of my personal view of counseling and what to expect.

Counseling Services and Approach

Counseling services are provided through individual, family, and group sessions. I work from a solution focused and person-centered lens which leads to a client-centered approach. In sessions I employ strategies using cognitive-behavioral, holistic, play and art therapy techniques and work with clients to discuss the goals of counseling and ways to evaluate the process.

Education and Experience

In the state of Michigan, I have an elementary teaching certificate with an endorsement in School Counseling. In December of 1997, I completed my master's degree at Wayne State University in Detroit, Michigan with a Master of Education in School Counseling. I graduated from Wayne State with 52 credit hours, with coursework that includes: crisis counseling, assessments in counseling, counseling with children, post-secondary planning for school counselors, multicultural counseling, career counseling, group and family counseling, ethics, law, and assessments.

During the 1998-1999 school year I worked as a school counselor within a charter elementary school in inner-city Pontiac. I worked closely with the staff to assist families outside of school, as well as assisting students during the school day. From 1999 to present, I have been a school guidance counselor, working with middle school students, families, administrators and staff. Responsible for a caseload of 400+ students, I assist with academics, social/emotional needs, and provide interventions for improved school success. In addition, I provide individual counseling in a private practice setting.

Confidentiality

I follow Michigan law and ethical standards for counselors, this includes ensuring your confidentiality in all but a few situations/circumstances. Under state and district policy, I am required to report any and all information that suggests that a student may be a harm to him/herself or to others, in addition, if someone is causing harm to them. If I suspect that a child is the victim of abuse or neglect, I am mandated to report my suspicion to Child Protective Services. Certain situations in the school setting may also require that I share information with parent(s)/guardian(s), administration and or/teachers. In most cases, I will not share information you confide in me with anyone else without permission from you. I will be forced to break confidentiality if you may be harmful to yourself or to others as well as if another person is harming you. Additionally, I may also be required to respond to subpoenas and participate in other legal proceedings dictated by the courts.

Expectations and/or Anticipated Results/Possible Risks

My expectations of our counseling relationship include consistent attendance and a dedication to the counseling process. There are many benefits to counseling such as improved feelings towards work or academics, enhanced personal development, improved interpersonal relationships, and more. Along with these benefits there can also be risks, which include remembering or addressing difficult feelings, memories, or events that could create discomfort. Working through this process can be difficult but will be aided by a commitment to change and the counseling process. If our work together leads to concerns beyond my expertise, proper referral sources will be suggested.

Multicultural Statement

I am aware that differences in gender, race, religion, age, culture, ability or disability, socioeconomic status, and location often influences how people view each other. I respect diversity and I will work hard to understand things from other points of view. I am committed to listening for understanding and want to establish a trusting relationship.

Charges

I do not charge a fee for services provided to students in a school setting. In a private setting I offer individual counseling services and family counseling services all at a rate of \$100 per session (sliding scale available based on need). Cash or credit card (including HSA) payments are accepted prior to the start of any counseling session. Counseling sessions last 1 hour including 45 minutes for therapy and 15 minutes for billing/clerical matters.

Emergencies: In case of an emergency, please dial 911 or visit your local hospital.

Concerns

In the event that you would like to file a formal complaint regarding my services, please contact: Michigan Department of Licensing and Regulatory Affairs, Bureau of Professional Licensing, Investigations & Inspections Division, P.O. Box 30670, Lansing, MI 48909, (517) 241-0205.