

This notice and disclosure are provided to all patients and reviewed as a part of our intake process.

Healthier Place, PLLC

Asha Bethea, LMFT, CPC, CCRC

www.healthierplacepllc.com

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336-988-8052

THIS NOTICE IS IMPORTANT.

PLEASE REVIEW IT FULLY AND CAREFULLY.

EFFECTIVE DATE: 1/15/2025

IMPORTANT DISCLAIMERS

The information provided on our site and within site-related materials (including digital content, often termed 'engagement') are for informational purposes only and are not intended to substitute professional medical advice, diagnoses, or treatment. Always seek advice from your current physician or other qualified healthcare provider before undertaking a new health regimen.

Do not disregard medical advice or delay seeking medical advice because of the information you read in, on, or as connected to our site and site-related materials (including digital content, often termed 'engagement'). The practice does not offer medication management, and your provider is not a prescriber; do not start or stop any medications without speaking to your medication management provider/prescriber first.

Although I am a licensed therapist and behavioral healthcare provider, I am not YOUR licensed therapist or healthcare provider. My services do not replace the care of your medical health professional whom you may be seeing or considering seeing for your medical health needs. All information on/contained within our site and site-related materials (including digital content, often termed 'engagement') are for informational purposes only, do not constitute medical advice, and do not establish any kind of patient-client relationship. If you require immediate assistance or have questions regarding your health, contacting a healthcare call center or your nearest emergency services provider can provide you with prompt support.

Please note that I cannot take any responsibility for the results of your actions and any harm or damage you suffer as a result of the use or non-use of the information available within our site, site-related materials (including digital content, often termed 'engagement'), or during the course of services rendered. Please use your discernment and conduct due diligence before taking any action or implementing any plan or practice suggested

or recommended on our site, site-related materials (including digital content, often termed 'engagement'), or during the course of services rendered.

Please note that I do not make any guarantees about the results of the information applied from this site, this site's materials, or during the course of services rendered. Be advised that I share educational and informational resources intended to support viewers and clients at large. Despite this, you need to know that your ultimate success or failure will be the result of your own efforts, your particular situation, and many other circumstances of your unique context which are beyond my knowledge and control.

I am not a lawyer or certified public accountant, and information contained and shared within our site, site's materials, or during the course of services rendered should not be considered legal or financial advice. You should seek appropriate counsel for your own situation.

Please note, the information contained within the site, site's materials, or during the course of services rendered is directed towards readers of the United States and clinical care can only be practiced by this provider within the state of North Carolina, where I am licensed. If you are seeking support outside of the United States, or you are seeking care outside of the state of North Carolina, please seek information and professional advice regarding your local regulations and care options.

PROFESSIONAL DISCLOSURE

Professional Disclosure Statement

A majority of the information contained in this professional disclosure is mandated by North Carolina state law for licensed providers and is provided for your protection. As Asha Bethea is a licensed provider in the state of North Carolina, she is held to the legal and ethical standards of that same license regardless of the type of work she does at any given time. As a result, it is important that you are provided with and understand the information contained in this disclosure, even if you are not working with Asha as a therapy patient. For any questions regarding this document or your services, please feel free to discuss them with Asha at any time.

Contact Information:

Lead Provider Name: Asha Bethea-Fields

Licensed Marriage and Family Therapist | LMFT #2587

Clinical Marriage and Family Therapy, MA | Touro University Worldwide, 2020

Certified Professional Coach (CPC) | World Coach Institute

Certified Christian Life Coach (CCRC) | World Coach Institute

Bachelors of Psychology, BA | North Carolina Agricultural & Technical State University

Phone: 336-988-8052

Email: healthierplacepllc@gmail.com

Website: www.healthierplacepllc.com

Nature of Services:

As a licensed therapist, I am trained, as with other classes of therapists, in the clinical assessment, diagnosis, and treatment of mental health disorders in individuals. As a Marriage & Family Therapist, I have also retained specialized training in the systemic treatment of individuals, couples, and families. The systemic approach to assessment, diagnostics, and treatment/therapy takes into consideration all persons and relational dynamics relevant to therapy/treatment. However, this does not require that additional persons be involved in treatment. The decision on any persons needing to be included in therapy is made jointly with the patient. Currently, the practice is offering individual, couples, and family therapy via telehealth.

Billing and Fees:

You may pay electronically via Square, Email, Apple Pay, or Cashapp or by consenting to manual card charging of your Debit/Credit/HSA/FSA Card. The fee for your service will be made known to you before the time of service and as part of your admit or onboarding process and is expected to be paid at end of each session, before end of day (11:59PM) of service date, or according to your payment plan, as scheduled by yourself and myself. This practice does not currently accept insurance, though we can provide superbill documentation for you. However, you will be responsible for requesting such documentation and providing it to your insurance provider.

Ethics:

In the event that you are requesting psychotherapeutic services from Asha within clinical care or upon clinical consult, and Asha is unable to provide the services you require, she will provide information on referrals to other professionals trained to meet your needs. However, you will be responsible for choosing to move forward with those referrals, unless you have consented to Asha supporting you in facilitating your warm hand off to your next provider.

Sexual relations between therapists and their clients are never appropriate, and sexual relations will not occur between Asha and clients, patients, or any persons seen in a professional setting.

According to sound ethical practice at this time, professional duties will include delineation between modes of support. Specifically, no client or patient from any professional source of business or support from Asha will receive support from Asha as their licensed therapist and certified coach simultaneously. In effect, if you are agreeing to see Asha as your licensed therapist, it is important to know that though coaching interventions are commonly used within the practice of therapy, Asha will still only be your licensed therapist until, if applicable, such time when your therapy case is closed and you request professional support with Asha as a certified coach or consultant. With regards to certified coaching or consulting, Asha will only act as a client's certified coach or consultant, and therapeutic services will not and are not being performed via these services. While supporting

you within these other roles, Asha will not agree to additionally take you on as a therapy patient, effectively becoming your licensed therapist as well; the client must retain clinical behavioral health/behavioral health services from a different licensed provider.

Asha follows the Code of Ethics for the following organizations:

- The North Carolina Board of Marriage and Family Therapists,
- The American Association for Marriage & Family Therapists
- The International Coaching Federation

Confidentiality:

If you are a therapy client, the information you share in therapy with Asha is generally considered confidential by state law. Additionally, it is considered privileged communications in a federal court. However, North Carolina courts do not recognize privilege. Therefore, the information you share in therapy can be subpoenaed through a court order for your progress notes. Further, Asha is mandated by law through “duties to warn” to breach confidentiality if she discovers: 1) you are threatening self-harm or suicide; 2) you are threatening to harm another or homicide; 3) a child has been or is being abused; 4) a vulnerable adult has been or is being abused.

Records Requests and Release:

If you are a therapy patient and wish your health information to be released from therapy to someone (e.g. an attorney, a physician, etc.), or for yourself, you will need to do the following:

- Reach out to Asha or the practice via written documentation, namely email: healthierplacepllc@gmail.com,
- Request within your email what you would like released, to whom, and for what reason,
- Allow 7 calendar-days for a response,
- Confirm with Asha or admin, if needed, the details of your request and completion of your Release of Information form,
- Allow up to 30 business days for the practice to process your request,
- You will receive confirmation of completion of your request via email.

Important Treatment-Specific Disclosures and Information:

- Treatment isn't always successful and may open unexpected emotionally sensitive areas.
- If Asha is subpoenaed to court, please note that Healthier Place, PLLC charges \$300.00 per hour, which includes time spent in preparation for court appearance, time in discussing court related issues with attorneys or others involved in the court case, and the time spent from when she leaves the office until she returns to the office. This fee is NOT covered by insurance. Please be aware that Asha Bethea is Not a Forensic Evaluator and cannot perform Child Custody Evaluations. The fee is to be paid in full within 30 days from the court appearance by the client and/or attorney who has subpoenaed Asha to testify in court.

-For complaints or concerns regarding Asha's practice of marriage and family therapy contact:

The North Carolina Board for Marriage & Family Therapists

NCBLMFT P.O. Box 98073 Raleigh, NC 27624

919-518-1919.

-Please note that while I have fulfilled the credentialing process and am a fully licensed therapist, I continue to undergo training and consulting regularly to assist me in continuing to grow professionally. If you have any questions, please feel free to discuss these with me. I do attempt to make time monthly for consultation with other therapists regarding shared cases or other needs that may benefit my therapeutic abilities. During these times all identifying client information is maintained with strict confidentiality around PHI.