

PROFESSIONAL DISCLOSURE STATEMENT

Jacob M. Moon
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Education & Clinical Practice

- Master of Science in Counseling—University of Phoenix, Gardena, CA
- EMDR Certified Therapist (EMDRRIA) / EMDRIA Approved Consultant
- AAMFT Approved Supervisor

Experience

- Clarity Therapy & Consulting LLC, Grand Rapids, MI March 2024 to Present
 - Licensed MFT, LMFT Clinical Supervisor, and Limited Licensed Counselor
- Restore Therapy Collective, Grand Rapids, MI January 2022 to March 2024
 - Licensed MFT, Clinical MFT Supervisor, and Limited Licensed Counselor
- InProcess Counseling, Grand Rapids, MI September 2021 to Present
 - Licensed MFT
- Ravonkavi Services, Lake Forest, CA April 2020 to August 2021
 - Associate MFT and Licensed MFT
- Insightful Matters, Huntington Beach, CA February 2019 to April 2020
 - Associate MFT
- Jewish Family and Children Services, Long Beach, CA August 2017 to December 2018
 - MFT Counseling Trainee and Associate MFT

Counseling Services

I provide talk therapy services in an eclectic fashion that utilize the following modalities Cognitive Behavioral Therapy (CBT), Psychodynamic, Relational, Humanistic, Existential, Gottman Model, and Eye-Movement Desensitization Reprocessing (EMDR) therapy. I work with a diverse set of clientele that include individuals, families, and couples. Within these populations I treat the following set of problems that include: Anxiety, Codependency, Coping Skills, Depression, Emotional Disturbance, Emotional and Psychological Abuse, Family Conflict, Grief, Infidelity, Life Transitions, Men's Issues, PTSD, Peer Relationships, Racial Identity, Relational and Childhood Trauma, Relationship Issues, Self Esteem, Spirituality, Stress

Appointments

Individual appointments are generally 53-57 minutes in length, Couples appointments are generally 26-50 minutes in length, and intake appointments are 60-90 minutes.

Rates & Payments

My billable fee for an initial session for private pay and insurance is \$225 for intake appointments and an ongoing 50-55 minute session is \$160. For MFT Trainees private pay cost is \$40 for Intakes and ongoing appointments. I will accept payment including co-pays, deductibles, and private pay amounts, after each session by credit card. I reserve the right to utilize collections and/or small claims court if your balance is not paid after your case is closed. In special cases, there may be additional charges for phone calls, extra paperwork, court, or consultation with other professionals, but these will be discussed with you first.

Therapy Intake 90791 (Individuals) – \$225

Individual Session 90837 53+ Minutes - \$160

Individual Session 90834 38-52 Minutes - \$125

Individual Session 90832 16-37 Minutes - \$100

Family or Couple Session 90846, 90847 26+ Minutes - \$160

Extended Session 60+ Minutes (Cash Pay-Only) - \$160

Cancellations / No Shows

Your appointment time is reserved for you. If you need to cancel a session, please do so with as much advance notice as possible. If you cancel within 24 hours of the appointment or you no call/no show for your appointment, I reserve the right to collect the full cost of my session fee which is \$160.

Legal Proceedings

You are strongly advised to avoid involving your therapy in any legal proceedings. If you do so, protecting your confidentiality becomes very difficult. I will charge an hourly rate of \$400 for court services, including travel time.

Therapy Process

Please review the following document and sign & date at the bottom to acknowledge receipt. If you would like a paper copy of this document, please let your therapist know. Thank you!

You have the right to ask questions about your therapy. I will explain my therapeutic approach and methods at your request. We will work together to define treatment goals and procedures which can be renegotiated at any time. You understand that by entering therapy you will be working on changing personal and/or family difficulties.

You understand that YOU are responsible to make the changes. Therapy requires your active effort and openness. The attainment of a positive outcome is dependent on the effort expended by **both** the client and the therapist. Since therapy is not an exact science, the results can be variable. You understand that there are benefits and risks involved in making changes.

Some of the benefits you may experience include: The ability to handle or cope with relationships in a better way, greater understanding of personal and family goals and values, and greater happiness or satisfaction with life as an individual, couple, or family., better emotional regulation, and decrease in symptoms.

Some of the risks associated with therapy and the discussion of personal struggles and/or relationship difficulties may include, but are not limited to, feelings of anxiety, anger, fear, depression, disappointment, and/or frustration as you recall and discuss potentially unpleasant moments in your life. As you work to resolve problems and conflicts, you may experience *temporary* discomfort and increased conflict. You may be challenged to think and behave differently. There may also be changes in your relationships or life situations that you had not originally intended. Most of the time, these feelings subside throughout the process. Sometimes change occurs quickly; sometimes slower. I would encourage you to talk to me about any of the above feelings you experience.

The client/therapist relationship is unique and with this can come challenges due to the nature of the relationship. Boundaries are an essential part of this working relationship and can also be corrective for the other relationships in your life. Therapy is a place for you to explore, identify, and process challenges that contribute to the way you are feeling. Due to the nature of its vulnerability, therapy can sometimes bring up additional feelings of attachment with your therapist. However, due to the power differentials and reasons for you seeking therapeutic services, any type of relationship other than the one established as client and therapist is not possible. Once I have become your therapist, this is the only role I will hold. Keeping this relationship within the established roles is in your best interest to maintain the work you put in and the progress you attain. There are no exceptions to this rule and a necessary boundary to provide you with a therapy experience that helps you grow.

Telehealth and Technology

I do the majority of my sessions using a HIPAA compliant telehealth platform called Simple Practice and doxy.me as a backup. You have the same confidentiality rights via telehealth under the licensing laws of Michigan. I will take reasonable safeguards to maintain confidentiality but know that sessions could be disrupted or distorted by technical failures. If this happens, we will maintain a backup plan to communicate in another way. You are encouraged to find a location that is private and free from distractions or intrusions. If it becomes evident that you will be better served clinically in an office setting, I will discuss this with you and work to provide options. Neither one of us may record the sessions without the other party's written permission or allow another person to attend the session outside of the camera view.

For clinical reasons, I will not accept friend requests on social media from current clients. Please note that the majority of communication via technology are not 100% safe from confidentiality issues. I will do my best to protect your confidentiality by using passwords, encryption, and professional judgment. I maintain client records in a HIPAA compliant electronic health records program called Simple Practice which allows us to send HIPAA compliant messages through a portal. I also utilize simple practice for payment collection and Square Invoices if needed for sending statements to clients for billing purposes.

Automated Note Taker

Your clinician has opted to use Blueprint's note-taking system as part of their effort to provide excellent care to clients. Blueprint's note-taker temporarily records sessions and uses this recording to automatically generate a progress note (a required form of clinical documentation

both for insurance and ethical purposes). After a progress note is generated, the recording is automatically deleted from Blueprint's servers and database.

Use of this technology allows your therapist to be fully present during your sessions, without having to slow down to take notes or trying to remember important information during the session. This allows them to focus all of their attention on your care. Blueprint's software is HIPAA compliant and SOC 2 Type 2 certified, which means an external third-party auditor reviews Blueprint's systems, policies, and processes on an ongoing annual basis to ensure Blueprint meets certain data privacy and security standards.

As part of the service, Blueprint has become a covered entity through the development of a Business Associate Agreement (BAA). A business associate agreement establishes a legally binding relationship between HIPAA-covered entities and business associates to ensure complete protection of your health information (PHI).

If you would prefer the clinician not to record your sessions and utilize software to assist them in generating progress notes to document these encounters, please inform them at the onset of therapy or in your next appointment.

Termination

You have the right to end therapy at any time without any moral, legal, or further financial obligations other than those already incurred. I would ask that you notify me of your decision at that time. Sometimes therapy is difficult and talking about this struggle with me can be helpful. If you decide you would like to receive help from another therapist, I can provide you with a list of qualified professionals. If at any time, I feel there may be another resource that could help you better, I will also provide you with a list of professionals. I will move your file to an inactive status if I have had no contact with you in 60 days. You can resume therapy at any time with a simple phone call or email.

Contacting Me

I am often not immediately available by phone and will not answer the phone when I am with a client. Please feel free to leave a voicemail on my direct line, at (616) 626-1082. I will do my best to return your call within 24 hours, with the exception of weekends and holidays. If you are unable to reach me or need emergency assistance, please call Network 180's crisis line at 1.800.273.8255 or dial 911.

Crisis

My schedule does **not** allow me to be on 24 hour emergency call. If an emergency occurs where you need **immediate** assistance, contact 911 or go to your local emergency room. I regularly check my voice mail and will return non-emergency phone calls in a timely manner. Emergency calls should not be left on my voice mail or cell phone.

Emergency Contact

Emergency contacts are collected via intake forms in case of an emergency or if a therapist has an immediate concern about your well-being. This decision will be made using clinical judgment

and only in a crisis situation. Please list the name of a person close to you here whom we can use as your emergency contact. If your emergency contact information changes, it is your responsibility to let us know. BY SIGNING

Confidentiality Policy

Confidentiality and privileged communication remain the rights of all clients of professional counselors according to law. However, there are limits to such communication, some of which are mandated by state law. It is very important that you and those seeking counseling with you carefully read and understand the following limits of confidentiality.

There are several additional situations where I may share *only relevant information with others*. Clinical supervision, billing/accounting issues, insurance audits (if required), and collections (if needed) are examples of these situations.

In family and couple therapy (when different family members are seen individually), confidentiality does not apply in every situation. I will use my clinical judgment when revealing such information within the therapy. If you have questions about this, please clarify with me before you disclose any information that you have not shared with your family members.

Filing a complaint regarding counseling services, please contact:

*Michigan Department of Licensing
And
Regulatory Affairs Bureau of Professional Licensing Investigations & Inspections Division
P.O. Box 30670
Lansing, MI 48909
Phone: (517) 241-0205*

Limited Licensed Counselor Applicant & post degree supervision by:

Nicole Brown, LPC License # 6401017587

Updated 7/30/2024