

## LCMHC Professional Disclosure Statement

Mackenzie Muldowney, MA, LCMHC, NCC

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### **Qualifications**

Mackenzie Muldowney earned her Bachelor's in Human Services in 2017 from Florida State College. She graduated with her Master's in Clinical Mental Health Counseling in May of 2021 from Montreat College. She is currently licensed as a Licensed Clinical Mental Health Counselor, license #17048. Mackenzie has served in the mental health field in various capacities for nine years.

### **Restricted Licensure**

I am currently licensed as a Clinical Mental Health Counselor through the North Carolina Board of Licensed Clinical Mental Health Counselors, and as a Nationally Certified Counselor through the National Board for Certified Counselors. I have liability insurance coverage through the American Casualty Company of Reading, PA, valid through February 28, 2026.

### **Counseling Background**

I have worked with adolescents (aged 14 years and older) and adults with a variety of mental health concerns including substance abuse, anxiety and mood disorders, trauma, dissociative disorders, and problematic patterns of personality function. I see clients individually, with family members, and in group formats. I tailor my approach to the needs of the client, keeping in mind that every individual is unique and shaped intricately by both their biology and environment. I have had specific training in Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Attachment Focused Therapy, and Internal Family Systems (IFS). I am also trained in Eye Movement Desensitization and Reprocessing (EMDR). My belief is that every person has the ability to thrive with the right tools, and that the challenges we all go through can serve as a catalyst for change. In sessions we might use emotions, beliefs, thoughts, or behaviors to help us understand how your worldview affects the here and now. Prior to the use of any therapeutic techniques or skills, all processes are explained thoroughly and receive client consent.

### **Sessions Fees and Length of Service**

Individual counseling sessions will last up to 55 minutes. Frequency of sessions will depend on each client's particular needs, but most individuals are seen once a week initially. Methods of accepted payment include cash, check, and credit card (Visa, Mastercard, American Express, and Discover). I am an in-network provider with Aetna, Blue Cross Blue Shield, and United Behavioral Health Insurances, and may be available to bill additional insurance panels in the

future. My self pay fees are \$145.00 for an initial evaluation and \$130.00 for each subsequent visit. I am available to see clients for both virtual and in-person counseling.

### **Use of Diagnosis**

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

### **Confidentiality**

All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information.

### **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@ncblecmhc.org](mailto:Complaints@ncblecmhc.org)

### **Acceptance of Terms**

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

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor: \_\_\_\_\_ Date: \_\_\_\_\_