

Professional Disclosure Statement

Kimberly Evans, BA, MSW, Ed.S., Ph.D.

License: 6851119369

3Cs Counseling Center 43000 W. 9 Mile Rd. Suite 301 Novi MI 48375

Direct Line: 313-505-0562

Qualifications

In 1989 I graduated from Marygrove College receiving my Bachelor of Art in Early Childhood Education. I worked as a classroom teacher, Vice Principal, Principal, a District Administrator and ISD Leadership Coach. I have worked with children, adolescents, and families for over 30 years. I received my Master of Social Work in 1992 from the University of Michigan (Ann Arbor) and continue working in education. I have an Educational Special Degree (EdS) and a PhD (ABD) in Curriculum and Instruction from Wayne State University. I am returning to Social Work as a profession, and I have passed the ASWB Master Social Work exam (2024). I am working towards my clinical hours to obtain my full LCSW license, working with a Clinical Supervisor weekly.

Therapy Background

Therapy is a process by which we work together to identify and work on what you bring to our sessions. My approach to counseling involves helping you to identify strengths within yourself and develop self-awareness. My therapeutic approach is client-center combining numerous theoretical approaches and techniques including cognitive behavioral therapy, dialectical behavior therapy, family based treatment, and motivational interviewing. I work with children, teens, adults, and families. I work with clients coping with depression, anxiety, ADHD, trauma, bullying, social skills, self-esteem, sleep disorders, stress and burnout, relationship issues, parenting issues, and boundary setting.

My approach is client-centered, focusing on understanding your unique experiences and tailoring our sessions to meet your specific needs. I believe therapy is about having a space to freely express your true self without judgement. Therapy is a space for transformation - healing, breaking old habits, gaining new ones, reflecting on thought patterns and building resilience for whatever life throws your way. One of my greatest joys as a therapist is being a part of your story and witnessing your journey towards resilience.

Therapy includes your active involvement as well as efforts to change your thoughts, feelings and behaviors. You will have to work both in and out of the sessions. There are no instant, painless, or passive cures. Instead there may be homework assignments, coping exercises, writing and journaling, and perhaps other projects. Most likely, you will have to work on relationships and make long-term efforts. Sometimes change will be easy and swift, but more often it will be slow and deliberate; effort may need to be repeated. As with any powerful intervention, there are both benefits and risks associated with counseling and therapy.

Effects of Therapy: Risks & Benefits

Risks may include experiencing uncomfortable levels of feelings such as; sadness, guilt, anxiety, anger, or frustration. I will enter our relationship with optimism and an eagerness to work with you. I have a special interest in helping children, adolescents and families work with personal growth and life issues. I do not take on clients whom, in my professional opinion, I cannot help using the techniques I have available.

Embarking on a therapy journey is a brave undertaking that is meant to challenge you at times. The process may open up levels of awareness that could cause psychological discomfort as you work through them, the level of which is highly individualized, and the process of change can be a difficult one. While working through this at your own pace has the potential to yield very meaningful benefits, you always have the right to refuse to participate in therapeutic techniques, and I welcome open, honest, in-the-moment communication about how you're feeling whenever possible.

Given the nature of therapy, it is difficult to predict exactly what will happen in terms of therapeutic outcome or to provide an estimate of the time required for a client to reach their personalized goals. That being said, clients who are open to the process of change and the challenges that come with this, are consistent with attending sessions, and are willing to work on their goals in real-time, outside of sessions, tend to benefit the most.

Professional Boundaries

Although our sessions may be very intimate emotionally and psychologically, please understand that ours is a professional relationship rather than a social one. Maintaining professional boundaries for both the client and clinician is a vital component in the therapeutic relationship, and I will uphold these boundaries in order to ensure a positive therapeutic outcome.

Limits to Confidentiality

I consider my clients' confidentiality of the utmost importance and will keep confidential anything you say as part of our counseling relationship. However, there are a few rare circumstances in which I may be required to break confidentiality, including: (a) You disclose information that leads me to believe a child, disabled person, or elderly person is being abused or neglected; (b) It is deemed you are in danger of causing harm to yourself or others; (c) I am ordered by a court to disclose information. (In unusual cases a client's involvement in a custody or criminal dispute may lead to me receiving such an order from the judge or another court representative.)

I also have a responsibility to uphold *Michigan's Public Act 119, Section 330.1946*.

I will make every effort to preserve your anonymity whenever possible; however, note that our communication becomes part of your clinical record, which is accessible to you upon request.

Length of Service

A typical session lasts 45-60 minutes, and most meetings take place on a weekly basis, depending on a client's need. The duration of counseling varies widely among clients and depends, again, largely on your individualized needs (with most clients benefiting from 6-12 months or more of consistent attendance). You may choose to terminate therapy at any time, but I strongly suggest that we have a final session so we can develop an aftercare plan together.

Fees & Terms of Payment

This practice requires that you keep a valid credit, debit, or HSA card on file as well as an insurance card, if applicable. Your payment card will be charged for the amount due at the time of service and for any fees you may accrue unless other arrangements have been made with the practice ahead of time. It is your responsibility to keep this information up to date, including providing new information if your payment or insurance details change or if your account has insufficient funds to cover these charges.

You will be required to pay session fees at the time of service and may opt to pay additional fees for services outside of sessions at any time (see fees below). The costs of treatment are included in this professional disclosure statement. You should ask your insurance provider in advance if part or all of these fees will be covered.

3Cs is able to take select insurance plans or put into place a private pay arrangement. Most debit and credit cards are accepted. Alternative methods of payment must be approved in advance.

3Cs strives to make mental health services affordable and accessible to all. Please discuss any financial concerns or changes in advance, whenever possible, so we can come up with a viable solution and there is no disruption to care.

2025 Fee Schedule (Subject to Change) The following represents standard out-of-pocket private pay costs (please remember to check with your plan to ensure you're covered if you plan to use insurance):

Intake Sessions (53+ minutes): \$175

Regular Session, Individual (53+ minutes): \$150

Regular Session, Couples (53+ minutes): \$180

Regular Session, Families (53+ minutes): \$190

Attendance

While results cannot be guaranteed in therapy, consistent attendance and active engagement tend to result in the best possible treatment outcomes. Inconsistent attendance makes it much more difficult for therapy to be beneficial. Failing to follow through with implementing tools in between sessions will also limit the potential for positive change. This is why it is important to keep scheduled appointments and maintain consistency in scheduling whenever possible, while actively applying the insight and strategies discussed in session to your everyday life.

Late Cancellation & No-Show Fees

Life can be unpredictable, and from time to time, unforeseen circumstances arise. It is important to also make every effort to contact the practice in advance if you need to cancel or reschedule.

If you find that you must cancel or reschedule an appointment, contact me at 313-505-0562 or 248-238-8077 or kimberly.evans@3CsCounselingCenter.com at least 24 hours in advance to avoid paying an additional fee.

The following late cancellation and no-show fees will apply:

Cancellation made up to 24 hours before session: No fee

Cancellation made in less than 24 hours before scheduled session ("late cancellation"): Full session fee Please note, after a third late cancellation, the clinician reserves the right to close a client's file due to lack of engagement. Once closed, if choosing to return, the regular intake fee will be charged at the first return session.

No-Show Fee: Full session fee After a second no-show, the clinician reserves the right to close a client's file due to inactivity. Once closed, if choosing to return, the regular intake fee will be charged at the first return session.

Your Responsibilities Regarding Insurance Coverage

Before starting therapy, it is your responsibility to confirm with your insurance company all of the following:

Covered vs. non-covered services on your policy;

Your benefits cover the specific type of therapy you will receive;

Your benefits cover both in-person and telehealth sessions;

The amount of your deductible, coverage limits, and applicable co-pays or co-insurance.

General & Emergency Communication

With your permission, I may use text or email to communicate with you. Note that these are not secure forms of communication, and while 3Cs Counseling Center has a signed BAA with Google Workspace to remain HIPAA compliant, confidentiality cannot be guaranteed. Please do not send information that you wish to remain strictly confidential in an email or text, including personal health information (PHI).

Similarly, please also do not send a message via email or text if your message requires immediate attention. Instead, call **313-505-0562**. In the event of a crisis or emergency, please dial **988 or 911** or go to the nearest hospital emergency room.

Complaints

Although clients are encouraged to discuss any concerns directly with me, you may file a complaint against me with the organization below should you feel I am in violation of the American Counseling Association Code of Ethics, National Board of Certified Counselors Codes of Ethics, or the International Certification & Reciprocity Consortium (IC&RC) Code of Ethics. Please note the address and phone number below should not be used for any other purpose.

Michigan Department of Licensing and Regulatory Affairs Bureau of Professional Licensing
Investigations & Inspections Division

PO Box 30670 Lansing, MI 48909

Phone: 517-241-0205

Client acknowledges receipt of this Professional Disclosure Statement and has carefully read through all information herein:

Client Signature

Date Signed