

# Professional Disclosure Statement

## Ali Asad Somjee, M.A., LLMFT

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

This document provides information about my professional background, the counseling process, and certain aspects of our therapeutic relationship. Please read it carefully and feel free to ask any questions.

## Qualifications

I hold a Master of Arts in Marriage and Family Therapy from Syracuse University – Falk College of Sport and Human Dynamics. This COAMFTE-accredited program emphasizes family systems models and the integration of evidence-based approaches. I have completed over 400 hours of clinical experience working with individuals, couples, and families to address issues related to anxiety, depression, relational conflict, trauma, and personal growth.

I am a Limited Licensed Marriage and Family Therapist (LLMFT) in the state of Michigan, practicing under supervision while working toward full licensure. My training includes attachment-based, existential-humanist, and systemic models to alleviate distress, foster resilience, and enhance relationships. Additionally, I use outcome measures, such as the Revised Helping Alliance Questionnaire (HAQ-II), to track therapeutic progress and maintain a strong working alliance with my clients.

## Supervised Practice

As a Limited Licensed Marriage and Family Therapist (LLMFT), I practice under the supervision of a fully licensed LMFT, as required by Michigan law. My supervisor is:

Dr. Zain Shamoon, PhD, LMFT  
Michigan License Number: 4101007567  
Phone: 248-767-9159

I engage in regular supervision to ensure high-quality client care, receive case consultation, and enhance my clinical skills.

## Counseling Background & Process

My approach is integrative and tailored to the unique needs of each client, incorporating:

- Family Systems Therapy – Understanding relational patterns and family dynamics.

- Attachment-Based Therapy – Exploring emotional bonds and early experiences.
- Existential-Humanist Therapy – Fostering self-awareness, meaning-making, and personal agency.
- Cognitive-Behavioral Therapy (CBT) & Mindfulness-Based Approaches – Developing effective coping skills.
- Emotionally Focused Therapy (EFT) – Strengthening emotional security in relationships.

Therapy is a collaborative process where we work together to identify patterns, process emotions, and develop strategies to support your personal and relational well-being.

## Professional Boundaries

Although therapy may feel deeply personal, it is a professional relationship rather than a social one. To maintain appropriate boundaries:

- **Public Encounters:** If we see each other in public, I will not acknowledge you unless you initiate contact, respecting your privacy.
- **Gifts & Cultural Sensitivity:** I adhere to the AAMFT Code of Ethics, which emphasizes respecting cultural norms and the therapeutic relationship when accepting or declining gifts. Small, token gifts of minimal value may be accepted if doing so aligns with cultural expectations and does not compromise professional boundaries.
- **Personal Invitations:** To maintain the integrity of the therapeutic relationship, I cannot attend personal events.

## Limits to Confidentiality

Confidentiality is a cornerstone of therapy, and I will not disclose any information without your written consent, except in the following cases required by law:

1. **Suspected abuse or neglect of a child, elder, or vulnerable adult** – Required by Michigan Child Protection Law (MCL 722.623) and Adult Protective Services Act (MCL 400.11a-400.11c).
2. **Imminent risk of harm to yourself or others** – Required under Michigan Mental Health Code (MCL 330.1946).
3. **Court order requiring the release of records or testimony** – Required under HIPAA Privacy Rule (45 CFR 164.512) and Michigan Rules of Evidence.

Your records are stored securely and available to you upon request.

## Fees & Terms of Payment

Therapy services are available through private pay only. Payment is due at the time of service.

### 2025 Fee Schedule (Subject to Change)

- **Intake Session (75+ minutes):**
  - Individual: \$110
  - Couples: \$125
  - Family: \$140
- **Standard Therapy Session (53+ minutes):**
  - Individual: \$95
  - Couples: \$115
  - Family: \$130

A valid credit/debit card or HSA card is required to be kept on file. Sliding scale options may be available for clients experiencing financial hardship. Please discuss this in advance.

## **Attendance Policy**

Therapy is most effective with consistent attendance. Missing sessions or frequently rescheduling may hinder progress. Clients are typically granted a 10–15 minute grace period for late arrivals.

### **Late Cancellation & No-Show Fees**

- **Cancellations made with more than 24 hours' notice:** No charge.
- **Cancellations within 24 hours of the session ("late cancellation"):** 50% of session fee.
- **No-show (failure to attend without notice):** Full session fee.

After three late cancellations or two no-shows, I may discuss the possibility of terminating therapy due to lack of engagement. If your file is closed due to inactivity, a new intake session will be required to return to therapy.

## **Use of Diagnosis & Insurance Considerations**

Since I am private pay only, I do not bill insurance. Most insurance providers require a mental health diagnosis for reimbursement. If you prefer not to receive a formal diagnosis, private pay ensures confidentiality and flexibility in treatment. If you plan to seek reimbursement from your insurer, it is your responsibility to verify:

- Whether your plan covers out-of-network therapy services
- Whether telehealth sessions are included in your benefits
- Your deductible, copays, and coverage limits

## **Legal & Court-Related Matters**

I do not provide forensic evaluations or custody recommendations. I do not accept subpoenas for court appearances. In rare cases where a judge's order requires my testimony, fees apply at a rate of \$295 per hour, plus travel expenses.

## General & Emergency Communication

For routine communication, email and text are available but not fully secure. To ensure confidentiality, please limit sensitive information. If you need to share private health details, I can provide a secure platform.

For urgent concerns, please contact:

**Sara Schwartz, LPC**

Phone: 248-397-5075

For crisis situations, please contact **988 (Suicide & Crisis Lifeline)** or **911**, or go to the nearest emergency room.

## Risks & Benefits of Therapy

Therapy is a powerful tool for growth, but it also comes with challenges. You may experience discomfort as we process difficult emotions, but this is often a necessary step toward healing. Positive outcomes are most likely when clients are engaged, open, and consistent.

## Ethics & Complaints

I adhere to the American Association for Marriage and Family Therapy (AAMFT) Code of Ethics. If you have concerns, I encourage you to discuss them with me. If needed, you may file a complaint with:

**Michigan Department of Licensing and Regulatory Affairs (LARA)**

Phone: 517-241-0205

Mail: Bureau of Professional Licensing, PO Box 30670, Lansing, MI 48909

You may also submit an ethics complaint directly to AAMFT:

- **Website:** [www.aamft.org](http://www.aamft.org)
- **Phone:** 703-838-9808
- **Email:** [ethics@aaamft.org](mailto:ethics@aaamft.org)
- **Mail:** AAMFT Ethics Committee, 112 South Alfred Street, Alexandria, VA 22314

## **Client Acknowledgment & Consent**

I have read and understood this Professional Disclosure Statement and consent to therapy under these terms.

Client Name (Printed): \_\_\_\_\_

Client Signature: \_\_\_\_\_

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