

Professional Disclosure Statement

Diana Varughese, MA, LPC

3Cs Counseling Center
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Description of Practice:

I provide professional mental health counseling services to adult individuals and couples. My goal is to create a secure and supportive environment where clients can openly share their personal experiences, leading to effective therapeutic outcomes. Counseling sessions are conducted remotely and typically last between 45 to 55 minutes. Throughout the counseling process, I work collaboratively with my clients to identify and address their specific concerns. This includes the use of standardized evaluations and assessments to better understand their needs. Together, we develop a tailored treatment plan and work towards its implementation, adjusting as necessary to support progress. Counseling is a deeply personal and educational process that fosters self-awareness, emotional resilience, and meaningful change. While therapy can be challenging at times, it also provides an opportunity for growth, healing, and improved well-being. My approach is compassionate, client-centered, and evidence-based, drawing from a variety of therapeutic techniques to best meet each individual's needs. My services are available in both English and Arabic.

Description of Education and Experience:

I earned a Master of Arts in Clinical Mental Health Counseling from Oakland University in 2021 after completing my practicum at Oakland University Counseling Center and internship at Care and Transformation Center in Sterling Heights, MI. Prior to that, I obtained a Bachelor of Science in Psychology from Wayne State University in 2017. I passed the National Counselor Exam (NCE) in May 2021, which contributed to my full licensure as a Licensed Professional Counselor (LPC) in June 2023. My professional journey began as an Intake Coordinator at Care and Transformation Center, where I later transitioned into a counseling intern role, providing therapy services under clinical supervision. After graduating, I joined Sollars and Associates in June 2021 as a Limited Licensed Professional Counselor (LLPC), where I conducted client intakes, developed individualized treatment plans, and facilitated therapy sessions for individuals and couples until September 2024. In May 2024, I partnered with Great Lakes Psychology Group, where I continue to provide telehealth counseling services with a focus on personalized treatment and evidence-based interventions. Earlier in my career, I worked internationally as a Social Advisor and Special Education Coordinator at Dubai International School, supporting student well-being and implementing tailored learning interventions. My diverse experience in counseling, intake coordination, and special education has shaped my approach to therapy, emphasizing individualized care and comprehensive treatment planning.

Fee Scale:

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The follow 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 Session (53+ minutes): \$175

Regular Session, Individual (53+ minutes): \$165

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

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

Attendance and Cancellation Policy

Consistent attendance and active engagement in therapy are crucial for achieving the best possible outcomes. Inconsistent attendance or failing to implement tools discussed in sessions can limit progress. Therefore, it's important to maintain scheduled appointments and apply insights to everyday life. Late cancellations (less than 24 hours before the session) and no-shows will result in a \$75 fee. After three late cancellations or two no-shows, the clinician reserves the right to close a client's file due to lack of engagement. If the file is closed and the client wishes to return, a regular intake fee will be charged at the first return session.

Complaints:

In the event you would like to file a complaint regarding services, send a written complaint to the following location:

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