

## **Professional Disclosure Statement**

Therapist Name: Tojyanna Caldwell LLMSW being supervised by Rachael Gilbert, LMSW.

### **Description of Practice**

I am a trauma-informed, holistic therapist serving young adults, individuals, couples, and families. My approach is collaborative and person-centered, rooted in empathy, respect, and the belief that you are the expert of your own story. I integrate Cognitive Behavioral Therapy (CBT), Motivational Interviewing, holistic practices, and a strengths-based perspective to support healing, clarity, and growth. Sessions focus on building insight, developing practical tools, and cultivating a more empowered relationship with yourself.

### **Education and Experience**

- Bachelor of Social Work (BSW): Central Michigan University
- Master of Social Work (MSW): University of Michigan – Ann Arbor (4.0 GPA)
- Clinical Experience: Experience in community mental health working with individuals managing severe and persistent mental illness and co-occurring disorders. My training includes crisis intervention, trauma recovery, and supporting long-term mental wellness.

### **Fees & Insurance**

I accept select insurance plans; claims will be submitted directly on your behalf.

Self-Pay Rates:

- Initial Intake Session: \$150
- Individual Therapy: \$125
- Couples & Family Therapy: \$175

### **Code of Conduct & Complaints**

As a licensed mental health professional, I follow the ethical guidelines outlined by the National Association of Social Workers (NASW) and the state licensing board. If you have concerns or wish to file a formal complaint, you may contact:

Michigan Department of Licensing and Regulatory Affairs (LARA)  
Bureau of Professional Licensing  
Investigations and Inspections Division  
PO Box 30670  
Lansing MI 48909  
(517) 241-0205