

## **Professional Disclosure Statement**

### **Licensed Professional Counselor**

1/1/2025

Tatiana Aubrey, LPC

**Description of Practice:** I am strongly influenced by Motivational Interviewing Therapy. My goal is to create a safe therapeutic environment in which the client and clinician work together as a team. Caring will be displayed through support, warmth, and empathy. The team members work together through the implementation of collaborative approaches, agreement of goals, verbalization of positive regard and feedback. I believe that counselors should work with their clients to establish goals and develop approaches to address needs, coping mechanism, communication and improve self-esteem for their mental wellbeing. The client's involvement is necessary as there may be times when homework such as creating positive affirmations about the future is given out. Clients must also be aware that throughout the process they may have different emotions show up at different times, which is normal. It is also not possible to make any guarantees about counseling outcomes, as the client is the ultimate determiner of exploring different ways of dealing with daily situations.

**Education and Experience:** I have a Masters of Mental Health Counseling as of 6/1/2022 from Grand Canyon University located at 3300 West Camelback Rd, Phoenix, Arizona 85017. During my Master's program, I completed 747 hours of practicum and internship at Re-Connect My Life Counseling located in Flint, Michigan. While providing individual and group therapy services to adults and children in a private practice setting. My goal is to provide professional and supportive counseling services to my clients. I have provided therapy to school-aged children, adolescents, adults, and families who have experienced anxiety, trauma, and depression, essentially consisting of concerns related to emotional and mood dysregulation. Professionally, I provide psychoeducation for the following demographic groups: adolescents and adults with persistent mental health issues such as anxiety and depression. As 969 hours of post-degree and 27 hours of supervision experience were supervised by Shuntai Walker, MA, LPC located in Flint, Michigan. While the remaining post-degree and supervision experience of 2,004 hours were supervised by Karlar Marie Jones, MA, LPC, CAADC located in Detroit, Michigan

**Fees:** Insurance companies are billed for their contracted rate.

**Code of Conduct:** The state of Michigan requires counselors to adhere to a specific Code of Conduct that is determined by the Board of Counseling. In the event that a client would like to file a complaint regarding services, please send written complaints to the following location:

Michigan Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing  
Investigations and Inspections Division  
PO Box 30670  
Lansing MI 48909  
(517) 241-00205

