

# **Lisa Britt, LMHC, PA**

Licensed Mental Health Counselor

**Welcome to the office of Lisa Britt, LMHC, PA. It is my pleasure to provide you with professional counseling services. It is my goal to assist individuals and their families by providing genuine support and teaching coping tools in a caring and confidential environment designed to help you handle life's challenges.**

I am a Licensed Mental Health Counselor in the State of Florida which means I completed a Masters Degree program and met the necessary requirements to receive licensure in the State of Florida. I received a Masters and Specialist degrees from Florida State University in 1996 and since then have obtained 18 years of experience. I have been in private practice for 11 years. It is my most sincere desire to help you by teaching you strategies to change your thought patterns related to the things that cause you pain as well as learn to let go of things that you cannot control but may cause you stress. I can also help you have better relationships and be a better communicator, spouse, parent or worker. For more information regarding my specialty and/or experience, please refer to my website [www.lisabrittlmhc.com](http://www.lisabrittlmhc.com).

The following Disclosure Statement provides a detailed explanation of my practice.

## **My Responsibilities to You as Your Therapist**

### **Confidentiality**

With the exception of certain specific circumstances, you have the absolute right to the confidentiality of your therapy. I cannot and will not tell anyone what you have told me or that you are/not in therapy with me without your prior permission in writing. I will always act to protect your privacy even if you release me in writing to share information about you. You may direct me to share information with whomever you choose and you can change your mind and revoke that permission at any time.

You are also protected under the provisions of the Federal Health Insurance Portability and Accountability Act (HIPAA) and Federal and Florida Law 42 C.F. Part 2 and 2.22. This law ensures the confidentiality of all written and electronic transmissions of information about you. Whenever I transmit information about you electronically (i.e. faxing) it will be done with special safeguards to ensure confidentiality.

If you elect to communicate with me by email or text, please be aware that it is not completely confidential. All emails are retained in logs of your or my internet provider. While under normal circumstances no one looks at these logs they are, in theory, available to be read by the system administrator of the internet service provider. Any email I receive from you, as well as any responses that I send you will be archived and kept as part of your electronic medical record.

There are certain legal exceptions to confidentiality that you should be aware of. I will tell you if I am required to take action in response to one of these exceptions.

If I have good reason to believe that you are abusing or neglecting a child or vulnerable adult, or if you give me information about someone else who is doing this, I must inform Child Protection Services within 24 hours and Adult Protection Services immediately.

If I believe that you are in imminent danger of harming yourself, I may legally break confidentiality and call the police or local crisis team. I would explore all other options with you before I took this step.

If you have a life threatening or potentially disabling medical emergency in my presence, I am required to release to medical personnel the minimum necessary to assist you medically.

A court of law can request and obtain information without your consent. Or, if you have been court-ordered to treatment the judge may set aside your right to privileged communication. I will not automatically release information that has been requested by a court unless it is deemed necessary and complaint with the law.

I keep very brief records, noting only that you have been seen, what interventions occurred in sessions and topics we discussed. You have the right to a copy of your file at any time, giving me the chance to furnish you with that copy. You have the right to request that I correct any errors in your file. You have the right to request that I make a copy of your file available to any other health care provider at your written request. I maintain your records in a secure location that cannot be accessed by anyone else.

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[www.lisabrittlmhc.com](http://www.lisabrittlmhc.com)

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## **Diagnosis**

Diagnoses are technical terms used to describe the nature and scope of your presenting issue. If I do use a diagnosis, I will discuss it with you. All of the diagnoses come from a book titled the DSM-V; I have a copy in my office and will be glad to discuss your diagnosis with you. Insurance companies usually require a diagnostic code called an ICD-10 code (as of Oct 2015) in order to process your insurance claim. A diagnosis is determined after assessing your present and past level of functioning.

## **Managed Mental Health Care**

If you have mental health benefits as part of your health insurance coverage, you must call for your benefit information prior to our first appointment if you would like to receive any reimbursement for my fee. You need to find out if you have a copay or % that you are responsible for as well as any deductible. Your insurance company may limit the number of visits you can have and may require that you see a different therapist if I am not in your network. I am a network provider for most insurance companies and employee assistance programs except United Healthcare. Please provide me with any EAP authorizations prior to completing your first session. If you are using your insurance or EAP benefit I cannot see you for more than one session in a day but I can see you more than once during the week.

## **Complaints**

If you're unhappy with what's happening in therapy, I strongly encourage you to speak about it with me so that I can respond to your concerns. I will take your concern seriously and respond with care and respect. If you believe that I have behaved unethically, you can complain to the Medical Quality Assurance Board of the State of Florida at [www.myflorida.com](http://www.myflorida.com) or file a written complaint to The Department of Health/Consumer Services Unit, 4052 Bald Cypress Way, Bin C75, Tallahassee, FL 32399-3275

## **My Approach to Counseling**

I follow a theory of counseling called Cognitive Therapy. The basic premise for this theory is that we are influenced by our thoughts as we experience things and how we react to that experience. If you have any further questions about this theory I will be happy to answer any questions you have. Some techniques I use are shifting negative thought patterns through identifying thoughts of lack and shifting them to more affirmative thoughts. I teach healthy interpersonal boundaries and communication tools. I may suggest that you become involved in a therapy or support group or see a medical doctor for a medication evaluation. This is typically done by a psychiatrist who prescribes medicine specifically for mental health disorders. I cannot prescribe medication. You can refuse any suggestions I make. I do not have social relationships with current or former clients because it is unethical. If we see each other in a public setting, out of respect for your confidentiality, I will not acknowledge you unless you approach me first.

There are certain emotional risks associated with the counseling process. Approaching feelings or thoughts that you have tried not to think about may be painful. Making changes in your beliefs or behaviors can be frightening and sometimes disruptive to the relationships you already have. It is important that you consider carefully whether these risks are worth the benefits to you of changing. Most people who take these risks find that therapy is helpful.

Therapy will end when you decide it is unless another arrangement is made such as a contracted amount of sessions. You may bring whomever you wish into your therapy. I may terminate you if you do harm to or threaten me, my family or staff.