

Jill Carl, LCSW
Licensed Clinical Social Worker
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Disclosure Statement

Degrees and License Information:

B.A. (1989): University of Colorado, Boulder, Psychology
M.S.S.W. (1993): University of Wisconsin, Madison, Social Work

License: Colorado Licensed Clinical Social Worker # 991641

I maintain a general practice that includes treatment of adults and adolescents, couples, families and I also facilitate groups. My scope of practice encompasses a wide variety of difficulties and issues including relationship and marital problems, phase-of-life concerns, mood disorders, grief and loss, trauma, parenting issues and women's health issues such as prenatal and postpartum depression and anxiety. I have completed an internship focused on group and dyadic treatment for mothers and infants affected by Postpartum Depression. Additionally, I completed an externship in Emotionally Focused Therapy (EFT) for couples and families and am Level I and Level II certified and trained in EMDR (Eye Movement Desensitization and Reprocessing). In 2019, I completed a Daring Way training program (curriculum developed by Brené Brown) and became a Certified Daring Way Facilitator. In 2019, I began a Level 1 Training in Internal Family Systems (IFS) which I will complete in July of 2020. I am happy to provide you with additional information about my clinical experience, training and areas of practice upon request.

I am a Licensed Clinical Social Worker in the State of Colorado, and the practice of both licensed and unlicensed persons in the field of psychotherapy is regulated by the Colorado Department of Regulatory Agencies.

As to the regulatory requirements applicable to mental health professionals: a Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a masters degree in their profession and have two years of post-masters supervision. A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision. licensing degree and be in the process of completing the required supervision for licensure. A Certified Addiction Counselor I (CAC I) must be a high school graduate, and complete required training hours and 1000 hours of supervised experience. A CAC II must complete additional required training hours and 2,000 hours of supervised experience. A CAC III must have a bachelor's degree in behavioral health, and complete additional required training hours and 2,000 hours of supervised experience. A Licensed Addiction Counselor must have a clinical masters degree and meet the CAC III requirements. A

Registered Psychotherapist is registered with the State Board of Registered Psychotherapists, is not licensed or certified, and no degree, training or experience is required.

The Board of Social Work Examiners is located at 1560 Broadway, Suite 1350, Denver, CO 80202, and may be reached by telephone at 303-894-7800. In a professional relationship, sexual intimacy between a therapist and client is never appropriate and its occurrence should be reported to the Board of Social Work Examiners.

Confidentiality

Information provided by you to a psychotherapist in the course of an evaluation or treatment is privileged communication, which means it is legally confidential. In most cases, information can be released to another individual only by written permission from you. However, there are certain exceptions to the confidentiality law (CRS 12-43-218). For example, if you become suicidal, or unable to care for yourself, I am legally required to ensure that you are safe and receive the care that you need. If I believe that you seriously intend to harm someone else, I am required to warn that person, and the appropriate authorities, to ensure that individual's safety (CRS 21-10-101 & 13-21-117). If a child or elderly person is suspected of being abused, I am required to report the abuse to the Department of Social Services (CRS 19-3-301).

I share office space with other mental health professionals, but my practice is entirely independent. I will not discuss your case with them, and they are neither responsible nor liable for my work with you. At some points in your treatment I may discuss your case with a consultant or consultation group, but your name or information which could specifically identify you will not be used. Another mental health professional may provide emergency coverage for me when I am out of town; however, I will not share information with them about you unless there is a specific need which I have already addressed with you.

Therapy: Methods, Duration, & Cost

Psychotherapy requires a commitment of time, emotional energy and money, and it is most likely to be helpful to you when you are ready to invest yourself in these ways. Psychotherapy may arouse painful feelings, and at times you may temporarily feel worse rather than better. However, the therapeutic process may also assist you in making meaningful changes in your feelings, behavior, relationships and understanding of yourself and others.

The methods of therapy I utilize depend upon the problems, strengths, needs and style of the individual(s) seeking my professional assistance. In general, I utilize evidence-based treatment strategies and methods in my approach to psychotherapy, and employ empirically supported methods when appropriate and available.

Our initial session is a time to meet one another, answer any questions you may have, discuss your current concerns and to decide if it feels like a good "fit" for both client and therapist. If we decide to proceed with therapy, we will talk about treatment recommendations, as well as your goals for therapy. We will then work toward developing strategies for reaching these goals. We will periodically evaluate your progress in treatment and make changes accordingly, including when to end therapy. I

encourage you to bring up any questions or concerns that arise during the course of treatment. You may end therapy at any time and are welcome to seek a second opinion if you wish to do so.

My standard fee is \$130 for a 60-minute session and \$195 for a 90-minute session. I do not accept insurance for couples' sessions and typically prefer to see couples for 90-minute sessions. Applicable fees, including copays, are payable at each session; I accept checks, cash and credit cards (including HSA cards). For credit cards, I use a credit card processing service called Ivy Pay which is developed for therapists and is HIPAA-compliant. I can also process credit cards through a square reader and Paypal is also available for payment through my website which is www.jillcarl.com. On occasion, I offer a reduced rate for those who cannot afford the regular session fee. Documentation of financial barriers may be requested to qualify for the reduced rates. Please inquire for additional information.

In the event of a cancellation, I request at least 24 hours notice. Because this time is reserved for you, I ask that you provide as much notice as possible, limiting last-minute cancellations to family emergencies, unexpected illness and severe weather-related issues. Except in these instances, you will be charged a \$50 fee for all 60-min missed or canceled sessions and \$75 for 90-min sessions unless 24 hours advance notice is given. If phone consultation is requested or necessary in between sessions, I typically charge a \$35 fee per 15 minutes.

If you would like to use insurance coverage to pay for your therapy, I can submit claims on your behalf, but an authorization must be completed and signed. I will also need a photocopy of your insurance card. Alternatively, I can provide you with a superbill that you can then submit to your insurance company for reimbursement. However, a superbill is no guarantee of reimbursement. Please be aware that if you choose to utilize your insurance, I am required to include a psychiatric diagnosis. If you would like, I can inform you about the diagnosis that I plan to render before it is given. Any diagnosis that is made will become part of your permanent insurance records. Even if you do not pursue reimbursement through your insurance company, a superbill may be useful for tax purposes or for utilizing funds set aside in an employer-based health savings account. At this time, the only insurance that I accept is Anthem Blue Cross Blue Shield, but do not accept it for couples' work.

Electronic Communication

My email address is jill@jillcarl.com. Feel free to email me regarding administrative concerns, such as cancellations and scheduling changes. Please do not discuss confidential information in email, as email is not a secure method for private communication. Please do not use email as a method of contacting me in the event of an emergency. If you choose to set up a Jituzu client portal, you can also email me through your portal.

Emergency Contact

I do not provide emergency mental health services and, as such, am not on call or available after hours, weekends or holidays. If you experience a mental health emergency, please call 911 or go to the nearest hospital emergency room. If you are

in a mental crisis (but your life is not in danger), please call the Colorado Crisis Line at 1-844-493-8255 (TALK) or you can text "TALK: to 38255 for immediate access to trained and caring crisis personnel. Their website is www.metrocrisiservices.org for additional information about their services. Please follow-up with me as soon as possible by leaving me a voicemail message at 303-903-5728; please know that I will return your call as soon as I am back in the office.

Termination of services

Termination of psychotherapy may occur at any time and may be initiated by either you or your therapist. Please contact me if you decide to discontinue your psychotherapy so that we can schedule for a final session. Termination itself can be a very constructive process, and I encourage you to discuss any plans to end your treatment as soon as is necessary. If any referrals are needed, I can provide those when we meet.

Your rights

At any time, you may question and/or refuse therapeutic or diagnostic procedures or methods or request additional information regarding procedures. Please do not hesitate to discuss any concerns and/or complaints with me so that we can work toward a resolution. Concerns can also be brought to the attention of the Colorado Department of Regulatory Agencies.