

Nick K. Choate, LPC-MHSP, NCC

THRIVE Counseling | Workshops
9025 Overlook Blvd, Suite 200
Brentwood, TN 37027
Office Phone – 615-852-8281

Counseling Policies and Procedures:

Entering into a therapeutic relationship with a counseling professional requires an establishment of trust. When you begin therapy, you are committing your time, money, emotional and mental energies and it is important to fully understand what that commitment will entail. Included below is a summary of the policies and processes that guide your work with me as your therapist.

1. **EDUCATION:** I received my Master's degree from Trevecca Nazarene University in Nashville, TN in Clinical Counseling (M.A.). Prior to getting my masters degree, I graduated from Union University with my Bachelor's degree in Psychology and Christian Studies in Jackson, TN.
2. **PROFESSIONAL BACKGROUND:** I am a Licensed Professional Counselor with a Mental Health Service Provision or (LPC-MHSP). I began my professional therapeutic career in 2012, when I began to work with a local behavioral health hospital. My scopes of practice include crisis, trauma, brief, individual, group and couples therapy with adults and clinical work with persons suffering from mental health problems. My training focuses on utilizing Cognitive Behavioral Therapy (CBT), Emotional Focused Therapy (EFT), Mindfulness, Internal Family Systems (IFS) and Enneagram work. I believe models have their place to challenge and grow a person but it is ultimately the client's ambitions, goals and concerns that brought them to counseling that will enable them to find the change they want for their life.
3. **APPOINTMENTS:** You can make an appointment by calling 615-852-8281 between the hours of 9:00am and 5:00pm, at the website, using the 'Contact' page, thrivecw.org, or by email at nick.choate.lpc@gmail.com. If I am unavailable to take your call, please leave a confidential message so that I can return your call within 24-hours. Since clients are seen by appointment only, unless an emergency requires an immediate appointment, this appointment time is reserved only for you. If it is necessary for you to cancel an appointment, notice of cancellation must be made at least 24-hours prior to your scheduled appointment time or you will be billed for the set appointment fee. If you are experiencing a mental health emergency and cannot reach me, please go directly to your nearest emergency room for assistance or contact the Crisis Help Line at (615) 244-7444.
4. **FEES AND PAYMENTS FOR COUNSELING SERVICES:** Fees for counseling services are agreed upon prior to the first 50-minute session with individuals and couples. Payment

for consulting and court-ordered appearances will be discussed and agreed upon before services are rendered for these special circumstances.

5. **CONFIDENTIALITY:** Tennessee State law and ethical requirements of the State Board indicate that what we discuss in our private counseling sessions is privileged communication, meaning that you as the client control the release of this information to a third party. There are several limits to confidentiality that involve the required release of information in order to keep you and/or others safe from harm. These limits include: clear and imminent danger to self or others; suspected child or elder abuse; a direct court order by a judge ordering me to release records or appear in court to testify. If it would benefit you in your counseling progress, I may ask you to sign a release of information to allow me to discuss information with your primary healthcare professional or other key providers in your life (i.e. a psychiatrist or a previous counselor).
6. **HIPAA NOTICE OF PRIVACY PRACTICES:** Included with this initial introductory paperwork, you should have received a copy of the HIPAA document. I am required by law to provide this to you and to secure your signature. If you should have any questions about this document, please do not hesitate to ask me for clarification.
7. **BENEFITS AND RISKS OF COUNSELING:** Counseling can be of great benefit to a client who fully commits to being open and honest in the counseling relationship. It requires the client to come to the table with their own personal goals for counseling. I cannot create change in your life; you are the change agent in your own life. I cannot guarantee a specific outcome from our time together. Clients are ultimately responsible for their own growth and direction in counseling. Counseling also has risks that may include the experience of intense and unwanted feelings, including sadness, fear, anger, guilt or anxiety. It is important to remember that these feelings may be natural and normal and are an important part of the counseling process. Other risks of counseling may include: facing unpleasant thoughts and beliefs, increased awareness of feelings, values and experiences, and recalling unpleasant life events. I am available to discuss any of your problems or possible side effects of our work together. Also, during our counseling sessions, we may discuss additional resources or activities when added to counseling may help further your change and growth. These may include referrals to a PCP for medication evaluation, directions for a specific activity plan of exercise, referrals to a nutritionist, etc. Wellness comes from whole body health that should include an emphasis on mind, body and spirit. After we have met to discuss your concerns, we will create a plan that is individualized to your own goals and desires for counseling outcomes.

Please feel free to discuss with me any of the policies and processes outlined above. It is important that you clearly understand your rights and responsibilities when entering into a counseling relationship.