

Declaration of Practices and Procedures

Krystyn K. Dupree, LPC, NCC
Nicholls State University Counseling Center
P.O. Box 2067, Thibodaux, LA 70301
(985) 448-4080

Qualifications: I earned a Masters of Arts degree in Counseling with a concentration in Clinical Mental Health from Northwestern State University of Louisiana in December of 2017. I am a Licensed Professional Counselor LPC #7351 with the Louisiana LPC Board of Examiners located at 11410 Lake Sherwood Ave. North Suite A, Baton Rouge, LA 70816, Phone Number (225)-295-8444. I am also a National Certified Counselor (NCC #944836).

Counseling Relationship: I see counseling as the process between you, the client, and I, the counselor, as one that comes from a foundation of trust. Through this trust, counseling will provide the client with a confidential and unbiased atmosphere that is safe to explore your thoughts and presenting concerns, as we work together to set goals.

As the counselor, it is my job to promote independence in my client. I recognize that different approaches may not work with every client and I encourage the client to advocate for themselves, expressing concerns over direction of sessions and treatment. This will encourage growth for the counselor, promote autonomy and self-advocacy for the client, and further strengthen the therapeutic relationship between counselor and client. The counseling process is driven by you the client, as it is *your* time and goals we are striving to meet.

Areas of Focus: My focus is on a general treatment of clinical mental health. I have worked with all genders, clients with a wide age range (5-70), and a variety of presenting problems and diagnosis. My primary focus has been working in a college setting addressing concerns such as, but not limited to, depression, anxiety, stress, academic concerns, career concerns, grief, mood disorders, learning difficulties, LGBTQIA+ community, sexual assault, self-esteem/self-confidence, and communication skills. If your concerns are in an area I do not feel properly qualified to treat, I will discuss this with you and attempt to refer you to a professional better qualified to work with you.

Code of Conduct: As an LPC, I am required by law to adhere to the Code of Conduct for practice as an LPC that has been adopted by my licensing board, the Louisiana LPC Board of Examiners. A copy of the Code of Conduct is available upon request. If for any reason you are dissatisfied with my services, please let me know. If I am unable to resolve your concerns, you may report complaints to the Louisiana State board of Professional Counselors, 11410 Lake Sherwood Ave. North Suite A, Baton Rouge, LA 70816, Phone Number (225)-295-8444.

Confidentiality: Material revealed in counseling will remain strictly confidential except for material shared with my Supervisor, which will only be shared to serve in the best interest of the client and under the following circumstances, in accordance with State law:

1. The client signs a written release of information indicating informed consent of such release.
2. The client expresses intent to harm him/herself or someone else.
3. There is reasonable suspicion of abuse/neglect against a minor child, elderly person (60 or older), or dependent adult.
4. A court order is received directing the disclosure of information.

Fees and Office Procedures: The counseling services are free for all NSU students, faculty, and staff. If you are unable to keep a scheduled appointment, please make all attempts to notify the University Counseling Center in advance. The Counseling Center reserves the right to charge a \$5 fee to the account of any client who is a **No Show** (more than 15 minutes late and has not called or emailed before the scheduled time to cancel). It is the University Counseling Center's policy that clients who fail to keep two appointments without calling in advance will be terminated for the remainder of the semester in which the missed appointments occurred.

Services Offered and Clients Served: My approach to counseling stems from a person-centered approach, as my primary focus in the counseling room is acceptance of the client as they are and to develop the therapeutic relationship. I utilize a foundation of Person-Centered Therapy to build the client/counselor relationship. Using influences from other theories or perspectives when the counseling relationship would benefit or grow from the wider approach. This approach follows the belief that building the relationship between the counselor and client, sets up the foundation for the client's future progress as the client has established trust in the counselor. Along with this, we evaluate potential triggers, thought

processes, what has and has not worked for the client in the past, rating them on a scale, and together developing solutions that work for the client.

Colleague Consultation: In line with best practices, I will consult with other mental health professionals to help maintain quality of care, confirm I am maintaining appropriate boundaries and ethics, and facilitating my continued growth as a professional. If I consult on your case, no identifying information will be provided and will ensure client confidentiality is protected.

Privileged Communication: It is my policy to assert privileged communication on behalf of the client and the right to consult with the client if at all possible, except during an emergency, before mandated disclosure. I will endeavor to apprise clients of all mandated disclosures as conceivable.

In the event of family counseling, material obtained from an adult client individually may be shared with the client's spouse or other family member only with the client's written permission.

Emergency Situations: I can be reached at (985) 448-4080 during the hours of 8:00 AM-4:30 PM, Monday through Friday. If an emergency occurs after hours, you may contact University Police at (985) 448-4911 to be put in contact with the counselor on call. You may also seek help through hospital emergency facilities or by calling 911.

There may be an emergency that prevents me from attending our sessions. If this should occur, you will be contacted and informed of the situation.

Client Responsibility: You, the client, and I, the counselor, are working together throughout the counseling process. Trust, honesty, and effort are essential to succeed in this process. At any point if you, the client, should have any suggestions or concerns about the counseling process, I expect you to inform me, so that we can continue to work together to ensure you are receiving the best services possible. If at any point during this process another mental health provider can provide you with better services, I will help with the referral process. If you are currently receiving services from another mental health professional, I expect you to inform me of this and grant me permission to share information with this professional so that we may coordinate our services to you.

Physical Health: Physical health is just as important as your emotional well-being. It can be a contributing factor in the counseling process, so it is strongly recommended that if you have not had a physical examination in the last year that you receive one.

Potential Counseling Risk: There are certain risks that could occur when entering into the counseling relationship, should any of these occur, please feel free to share new concerns or feelings with me so that we may address them. Given the personal nature of counseling, there are certain risks the client should be aware of.

- As a result of discussions in counseling, the client may become aware of additional concerns or problems;
- Moreover, it is not uncommon as the client initiates the process of change that relationships in the client's life may be affected. Changes in relationship patterns may result from individual or family counseling and may produce unpredicted and/or adverse responses from other people in the client's social system;
- Making changes through therapy may bring about unforeseen changes in the client's life;
- Conflicts and problems may intensify as feelings are expressed.

Teletherapy: The University Counseling Center utilizes Doxy.me as our telehealth platform. It is secure and HIPAA compliant allowing for secure teletherapy sessions. Prior to clients engaging in teletherapy sessions, they will be emailed a Teletherapy Consent Form to review and sign. The University Counseling Center **does not** conduct teletherapy with clients outside of the state of Louisiana. If you have to leave the state, please notify me so we can reschedule. If you plan to be out of state for an extended period of time, we can work to find resources available in your area.

Social Media: I do not communicate with or contact any clients through any social media platform. I will not accept any friend requests/follow requests from clients, even after the therapeutic relationship has terminated. The therapeutic relationship is a professional one and this policy is established to prevent the blurring of boundaries.

Declaration of Practices and Procedures

Statement of Client Understanding

I have read the Declaration of Practices and Procedures of Krystyn K. Dupree, LPC, NCC, and my signature on this form indicates my full informed consent to services provided.

Client Signature

Date

Krystyn K. Dupree, LPC, NCC

Date

Parent/Guardian for Treatment of a minor:

I, _____, give my permission for Krystyn K. Dupree, LPC, NCC, to conduct
(Parent/Guardian)

therapy with my, _____, _____.
(Relationship) (Name of Minor)

Parent/Guardian

Date