

Professional Disclosure

Zoe Byrd; LCMHC

Phone: (336) 365-6656

Email: byrd.zoe@gmail.com

Background

My name is Zoe Byrd and I am currently an LCMHC. I completed my Master's degree in Clinical Mental Health Counseling through Wake Forest University and graduated in August of 2021 and received a provisional as an LCMHC-A. I have completed all licensure requirements and hold a full license as an LCMHC. I have a Bachelor's degree in psychology and a minor in sociology from UNCFSU/Fayetteville State University. I worked for four months as a mental health technician through Old Vineyard Behavioral Health Services in Winston-Salem. I began my clinical hours for my Master's at Wake Forest Baptist Hospital working in the Trauma and Burn units as a PTSD and substance use pre-intern student. Before receiving my LCMHC, I had been at Jodi Province Counseling Services as a student counselor/intern from August, 2020 to April, 2021 completing internship part-time. I have currently been with Jodi Province Counseling Services, PLLC since October of 2021. I hold the credentials as an NCC by the NBCC, certificate number 1586176. I hold a license under the NCBLCMHC and the license number is 17085.

Complaints

If you need to contact my supervisor for any complaints or comments, their contact information is below:

Supervisor with Jodi Province Counseling Services: Jodi Province

Email: jodi.province@gmail.com

As mentioned above, you can contact my supervisor. However, you may also contact the North Carolina Board of Licensed Clinical Mental Health Counselors using the following contact information:

- Website: <https://www.ncblpc.org/Complaints> and fill out the form under "Complaint Form"
- Mail: Post Office Box 77819
Greensboro, North Carolina 27417
- Email: LCMHCinfo@ncblcmhc.org
- Phone: 844-622-3572 or 336-217-6007

Philosophy

I use a mindfulness, cognitive behavioral, construct, and person-centered supportive approach. I also incorporate creative methods like art therapy, counseling through play, and many other methods that benefit my clients.

Some of the concerns I work with include: Depression, Anxiety, Mood dysregulation, Stress and Life Changes, and many others.

Diagnosis

When attending counseling, you will be diagnosed and that will become a permanent part of the client record.

Fee for Service

The fee for my service is set at \$165 per 60 minute session or \$125 per 45 minute session. This can be paid in cash and via credit or debit card. If applicable, insurance can be billed for these sessions and may reimburse for these sessions based on insurance or insurance plan. Insurance may also require a copay for sessions depending on the insurance and insurance plan. I currently accept all Medicaid plans that include mental health services, MedCost, and select Blue Cross and Blue Shield plans.

Confidentiality Clause

In regards to confidentiality, everything in the session is kept confidential with a few exemptions. If you plan to commit suicide or homicide, I must report it. If you report abuse of a child or elderly person, I must report it. Lastly, if I or my records are ordered by the court, I must comply. All of these are outlined in the Informed Consent as well.

Current Events

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In regards to the current pandemic, I am able to do Telehealth sessions via phone call or Doxy.me (link: doxy.me/zoecounseling); however, it is important that you come in to fill out the intake paperwork and sign all of the necessary documents. If this is not something you are able to do, let me know and we will work with you to accommodate your needs.

By signing and dating this document in the space below, you are acknowledging that you read and understand the information above.

Signature of Client: _____

Signature of Guardian if Client is Under 18: _____

Signature of Clinician: _____