

## Professional Disclosure Statement

**Cat Moran, MS, LLC**

Peace of Mind Counseling, Consulting, and Supervision LLC

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License #: 6401012915

X  N.A. LPC 6/14/2023

### Education and Experience

I recently graduated from Walden University and have received my Master of Science in Clinical Mental Health Counseling. I received my undergraduate degree through the University of Akron in French Language and Literature in 2013. I completed my clinical mental health internship at a private counseling practice from September 2022 to June 2023. I will continue to practice at that location as a Limited License Counselor (LLC).

### The Counseling Process

Counseling provides space for individuals to develop authentic relationships that facilitate one's ability to process and understand their thoughts, patterns, and behaviors in a new light. Furthermore, it can provide the insight to become more resilient towards navigating through life's challenges. This process can work to develop the tools for congruency lie within each of us, and it is up to the client to identify what truly empowers them to be successful in their own life.

During our initial session, we will learn about each other, get to know one another, and work to establish what you want to take from this process, and if we are best suited to work together for you to reach your goals. While we work together, I will support you in developing your goals and empower you to step into your idea of congruency. Additionally, the goals that we set at the beginning may be changed or updated to best meet your needs throughout the process and will be evaluated accordingly and always will be modified in your best interest. Furthermore, although I will work tactfully to provide that support as best as I can, the opportunity and responsibility to grow lies within you.

### Sessions and Fees

I use a modality in which sessions are scheduled hourly. Each individual session will run for at least 53 minutes, with the remaining 7 minutes geared towards administrative tasks such as finishing progress notes, billing, etc. At times, counseling sessions may run later than expected and start later than your scheduled time. If this occurs, I will do my best to accommodate your time accordingly and work with you to make up that time (i.e. rescheduling for a different day/time).

Fees in counseling are similar to those in other branches of the health professions industry. The individual, out-of-pocket cost per session without insurance is \$150. These costs can differ based on

insurance providers and plans. Payment(s) and/or co-payment(s) for each session will be collected at each session and will be processed by Simplicity Billing, LLC of Jerome, MI in conjunction with Peace of Mind Counseling, Consulting, and Supervision LLC of Holt, MI. A sliding scale fee is available upon request and will be based on financial ability. (Please note that insurance providers often require that a statement of diagnosis of a mental health condition be indicated before they will agree to reimburse for counseling services. Any diagnosis made as a part of the counseling process will become part of your permanent insurance records.)

### **Filing a Complaint**

In the event that you would like to file a complaint regarding your counseling services, you can contact:

Michigan Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing  
Investigations & Inspections Division  
P.O. Box 30670  
Lansing, MI 48909  
(517) 241-0205

This contact information should not be used for any other purpose.