

Professional Disclosure Statement

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My Qualifications

I hold an Associate of Arts degree in Healthcare Administration (2007) and a Bachelor of Science degree in Leadership (2020) from the University of Phoenix, located in Phoenix, Arizona. I am currently working towards a Master of Arts degree in Clinical Mental Health Counseling at North Carolina Central University, located in Durham, North Carolina. Upon graduation, I intend to be a Licensed Clinical Mental Health Counselor Associate approved by the North Carolina Board of Licensed Clinical Mental Health Counselors, a Licensed Clinical Addictions Specialist Associate approved by the North Carolina Addictions Specialist Professional Practice Board, and a National Certified Counselor endorsed by the National Board of Certified Counselors.

I have additional training as a Brainspotting (BSP) practitioner. Brainspotting is a treatment model that uses an individual's visual field to help them access unprocessed trauma from the subcortical area of the brain. I am also a Certified Trauma Professional (CTP) and a Certified Grief-Informed Professional (CGP) with Evergreen Certifications.

I am a student member of the American Counseling Association (ACA), the North Carolina Counseling Association (NCCA), the National Career Development Association (NCDA), the Association for Counselor Education and Supervision (ACES), and the World Professional Association for Transgender Health (WPATH). My professional behavior is fully aligned with the ethical codes of each of these organizations.

Before graduate school, I accumulated over six (6) years of experience as a Human Services Clinical Counselor II and Substance Abuse Worker. I have experience with severe and persistent mental illness (SPMI), substance use disorders (SUD), developmental disabilities, co-occurring/dual-diagnosis, and crisis management in intensive outpatient, traditional outpatient, in-home, and residential settings.

Clinical Supervisor

I am currently under supervision as a Student Counselor completing the Internship field experience to meet requirements for graduation and professional licensure. I am employed part-time with Eagle Counseling, Consultation, and Research Clinic (ECCRC) and am under the supervision of Malaika M. Edwards, MS, LCMHC. Ms. Edwards can be reached Monday-Thursday via phone at: (919) 530-7666, or by email at: medwar82@ncu.edu.

Counseling Background

My therapeutic techniques in counseling are grounded in holistic, wellness-oriented approaches that focus on each of the eight dimensions of wellness: emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial. I use client-centered, trauma-informed, and culturally responsive outlooks in counseling. My integrated theoretical orientation draws upon Feminist, Liberation Psychology, Cognitive-Behavioral, Existential, Queer, Solution-Focused, and Person-Centered theories to help clients meet their individualized goals, find their truth, and live authentic lives. I believe every person has immense value and seeks to honor their lived experiences. I meet each of my clients where they are with radical love & acceptance. I strive to create a sacred space for individuals to safely explore their past, present, and future – including their wants and needs. *I believe in the liberation of people.*

I am passionate about helping close gaps in care that often occur for minoritized individuals and communities. I seek to reduce harms that have historically been present and continue to exist in healthcare (including mental health) for lesbian, gay, bisexual, transgender, queer/questioning, intersex, and asexual/agender + communities (LGBTQIA+), communities of color, and other marginalized & minoritized groups. As a social justice advocate, I am committed to dismantling white supremacy culture and the foundations of racism & oppression that many of our institutions are built upon.

I see adults, children, couples, and families and have experience with, but not limited to:

- Brainspotting (BSP)
- Depression and anxiety
- Drug, alcohol, and Substance use and addictions (individuals and families)
- Foster and adopted individuals
- Gender & sexuality
- Group counseling & therapy
- LGBTQIA+ communities
- Identity Exploration
- Loss, grief, and trauma
- Self-esteem, self-image, and shame
- Self-Harm / Non-Suicidal Self Injury (NSSI)
- Severe and persistent mental illness

It is an absolute honor and privilege for me to do this work.

It is important for you to know that, in addition to many potential benefits, counseling is not without potential risks. Counseling relationships often involves having to discuss and process uncomfortable & painful aspects of your life. While doing so, you may experience feelings of sadness, shame, helplessness, anger, frustration, anxiety, loneliness, and others. My goal is to help hold a protected space for you to process experiences and feelings that can lead to relief from distress, improved relationships, an enhanced sense of worth, and solutions to specific problems. However, there are no guarantees of what you will experience. To achieve the most benefit from our relationship, you will need to be engaged in your therapy sessions, committed, and work outside of sessions to meet your personal goals.

Session Fees and Length of Service

The Eagle Counseling, Consultation, and Research Clinic does not accept insurance. Clients are advised that most insurance companies do not reimburse clients for services provided by student counselors, trainees, interns, or other unlicensed individuals, even when the person is under direct supervision. However, all services are provided on a sliding-scale basis, and range from \$0-\$30 per session, based on your ability to pay. Inability to pay for services, lack of insurance, or financial hardship will never pose a barrier to treatment or prevent your ability to receive service. *Acceptable payment methods include cash, check, or money order.*

Checks and money orders should be made out to NCCU Foundation with “Account #T01735” in the memo line.

Each session typically lasts fifty (50) minutes for individuals, couples, or families. Sessions may be weekly, bi-weekly, or monthly and will be determined by what we both agree on as best for your individual needs. *Please note that I do not provide services related to court hearings or child custody cases.*

Use of Diagnosis

Eagle Counseling, Consultation, and Research Clinic does not currently offer formal mental health diagnostic services. If indicated in the future, diagnostic impressions may be developed using the Diagnostic and Statistical Manual of Mental Disorders (DSM), 5th Edition – Text Revised.

I view diagnosis as a potential tool to help individuals find answers and better understand themselves and their situations. I also believe diagnoses can be limiting, may not capture a person's humanity, and are often based on western, Eurocentric ideals that fail to include other cultural explanations. You are not your diagnosis, and your diagnosis is not you.

Confidentiality

All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including the abuse, neglect, or exploitation of a child, elderly person, or vulnerable adult), (c) you disclose abuse, neglect, or exploitation of a child, elderly person, or vulnerable adult, or (d) I am ordered by a court to disclose information.

As a student counselor receiving supervision, I am required to provide raw data (audio or visual recordings) throughout my supervision. If you have consented to be recorded, prior to beginning each session, I will confirm that I have your verbal consent to record. After the removal of identifiers, this information will only be shared in individual supervision with Malaika Edwards, MS, LCMHC or Dr. Helen Lupton-Smith, Ph.D, LCMHCA, or as part of group supervision for academic and clinical training purposes. All recordings will be promptly destroyed at the conclusion of each semester.

Confidentiality is of the utmost importance for me and my clients. As such, you need to know that if I see you in public, to protect your confidentiality, I will only greet you if you greet me first. If you desire, you are welcome to introduce me to the people you are with as you see appropriate. I will not accept "friending" or linking requests on social media platforms to further protect your identity, our counseling relationship, and professional boundaries. While our relationship may be very intimate psychologically, it is essential to understand that we have a professional relationship. I will do these things to protect the sacred space we establish and maintain together.

Complaints

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel I am in violation of any of these codes of ethics. I abide by the ethical codes of the North Carolina Board of Licensed Clinical Mental Health Counselors, the American Counseling Association (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>), the National Career Development Association (https://www.ncda.org/aws/NCDA/asset_manager/get_file/3395?ver=738700), and the National Board of Certified Counselors (<https://www.nbcc.org/assets/Ethics/NBCCCodeofEthics.pdf>).

North Carolina Board of Licensed Clinical Mental Health Counselors
P.O. Box 77819
Greensboro, NC 27417
Phone: 844-622-3572 or 336-217-6007
Fax: 336-217-9450
E-mail: Complaints@ncblcmhc.org

Acceptance of Terms

We agree to these terms and will abide by these guidelines.

Client: _____ Date: _____

Counselor: _____ Date: _____

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