

## **Grace Counseling Center**

1125 Heatherstone Drive, Suite 101, Fredericksburg, Va 22407

Phone (540) 548-4114 Fax (540) 548-2541

Grace Counseling Center (otherwise known as GCC) is dedicated to providing effective professional counseling services to individuals, couples, and families struggling with a variety of issues. Professional Therapists who provide counseling are licensed by the State of Virginia (or are under supervision to complete State requirements for licensure) and have earned a Master's Degree (or higher) in Counseling, Psychology, or other related area from an accredited institution.

GCC has a mission to help individuals move into a place of healing, hope, and growth through Biblical-centered counseling. Our goal at GCC is to bring about renewal and enhance your quality of life by attending to the "whole" person: spirit, mind, and body. Very often our most important work is to help our clients understand more fully what they are experiencing.

The counseling sessions may last from a few weeks to several months. During the course of counseling, depending on the nature of your need, you might also experience uncomfortable emotions such as anger, fear, and frustration. While your Therapist cannot remove these feelings from you, she will help you work through them. You are free to discontinue services at any time. Most people remain in counseling until they believe they've learned better methods of thinking, feeling and/or acting regarding their issues. Occasionally Therapists elect to discontinue services when they feel no substantial progress is being made or other factors are interfering with their ability to help you. If counseling ends prematurely, GCC will help you find qualified help elsewhere.

Everything discussed in your sessions will be held in the strictest of confidence. However, there are situations in which your Therapist may be required by law to report information to the proper authorities. These situations include threats or indications of bodily harm to self or others, involvement in a felony, suspected child/elder abuse or neglect. Your Therapist may also be required by law to disclose information in response to a subpoena issued by a court of law.

### **Cancellation Policy**

A cancelled appointment delays our work. When you must cancel, please give me at least 24 hours' notice. I am rarely able to fill a cancelled session unless I know at least 24 hours in advance. In you are unable to provide at least 24 hours' notice when you cancel, you will be charged the full fee for your session unless I am able to fill it with another client. (You should note that insurance companies do not typically reimburse for missed appointments.) The only time I will waive this fee is in the event of serious or contagious illness or emergency.