

Disclosure Statement
Insights - Individual & Family Counseling
Orleans, ON

Counseling Technique

Counseling is conducted in a number of different ways, depending on client needs and the preferred methods of the counselor. While I primarily favor a Cognitive Behavioral approach, I do often use what is known as an Eclectic Technique, drawing on a range of counseling and therapy protocols and methods depending on the client's specific issues or problems. As for Cognitive Behavioral therapy, it basically seeks to answer the two most basic questions: "Why do I do what I don't want to do?" And "What drives me to do what I am doing?" So we will be examining both "Thoughts" and "Behaviors".

Credentials and Work Experience

I have a master's degree in counseling from Christian International University and a Doctorate in counseling from The Christian Bible College. I also hold a Honor Masters degree in Psychology with an elective major in developmental psychology [adolescent and adult] from South Florida Bible College and Theological Seminary. My training was as a church counselor and assistant pastor. My work experience in private practice has been mostly with adults. I have worked with persons with a wide range of problems, including marriage, divorce, family, sexual, depression, anxiety, assertiveness, and career issues. I work with individuals, couples, and families. I do some limited work directly with pre-teen children and adolescents, but generally prefer to see them as part of complete family counseling .

I am a member of the Ontario Association of Counselors, Consultants, Psychotherapists and Psychometrists (OACCPP), the American Association of Christian Counselors (AACC). I am both a Board Certified Christian Counselor (BCCC) [#0033] with the AACC as well as a Certified Counseling Therapist with the OACCPP [(C) OACCPP] [Certificate # 0329] .

The Process of Counseling

When people come to counseling, it is because they want something to change in their lives. They may want to change their life situations, solve a particular problem, make a decision, or understand what is happening within the inner self mentally and emotionally. As a first step in counseling, you and I will explore your concerns and what changes you want. When we both understand your situation more clearly, I will help you devise various ways to get what you want so long as it is reasonable and feasible. Part of our counseling will address and define what is reasonable and feasible. For counseling to be most effective, you must make a commitment of time and energy and take an active part in the process; this may well require you undertake homework and assigned tasks between sessions, such as reading articles, doing self-monitoring, journaling thoughts, or practicing new skills.

My Responsibilities as a Counselor

I will keep anything that you tell me in strictest confidence unless I have your permission to tell someone. The only exceptions are: (1) I may consult with other professional therapists about your concerns and how I might proceed in order to help you, but I will do so without using your name. You have the right to tell me not to consult with anyone. (2) If you tell me you are going to harm yourself or someone else, I am required by law to do anything I reasonably can to prevent that. (3) If you disclose sexual or other abuse involving a minor I am required by law to inform the authorities. (4) Most insurance companies require a diagnosis, a treatment strategy, and a summary progress report. If you intend to bill your insurance company for our sessions, you might want to check on their requirements first.

Your Rights as a Client

You have the right to understand my reasons for suggesting particular procedures. I will try to explain clearly, but if you have any reservations, please ask them. You also have the right not to do anything I suggest. And you have the right at any time to decide you do not wish to continue counseling.

Time and Money

Most counseling sessions take place every two weeks and last 60 minutes. However, if it appears that we are not reaching your desired changes or goals quickly enough, or I observe behavior that concerns me, we may have to meet weekly for a short time. Also, if we are at a critical point in a session, the session may be extended to 90 minutes at no additional charge to you. The number of sessions needed varies with each person and problem, but typically I like to work in blocks of four to five sessions, with a review at the end of each block of sessions. My standard fee is \$70 per session, but if necessary we have a sliding fee scale based on your ability to pay.

Sincerely
(Rev) Ron K Howard Ph.D., BCCC, (C) OACCPP
Insights Counseling