



# PROFESSIONAL DISCLOSURE STATEMENT

## Covenant Counseling

212 W. Wackerly Rd. Suite 200 • Midland, MI 48640

Phone: (989) 835-8344 FAX: (989) 837-8655 • Web: CovenantCounseling.net

**Thank you for the honor to serve you.** The Michigan Public Health Code requires that a licensed counselor furnish a professional disclosure statement to all prospective clients before engaging in counseling services. We also want you to be well informed regarding your prospective counselor's credentials and level of experience before your first consultation. Please read the following information and sign indicating that you have read and understood the statement. You will also be furnished with a copy to keep.

### **Sandra Cross Lodico, M.A., NCC, LPC**

Mrs. Lodico provides individual, marital, family and group counseling. She has had postgraduate training and experience in assessing and treating sexual abuse, co-dependency, addictions, and children. Sandra received a B.A. in Sociology from Malone College in Canton, OH in 1970 and a M.A. in Pastoral Psychology and Counseling from Ashland Theological Seminary in 1980. Her counseling experience includes private practice, employment with Psychological Associates of Medina, Ohio and therapist with New Source Counseling Centers of Twinsburg, Ohio. Sandra receives yearly education and training to fulfill requirements as a National Certified Counselor and an International Certified Christian Counselor. Sandra is licensed by the State of Michigan. The licensing bureau's address and phone number is:

**Department of Community Health  
Complaint and Allegation Division  
P.O. Box 30670 • Lansing, MI 48909  
(517) 373-9196**

### **What to Expect:**

**First Session:** The first session is called the diagnostic session. In this session the primary goal is to identify and evaluate the problems. If time allows, your therapist will begin to work with you to define a treatment plan outlining goals, objectives, approaches or interventions to address the reason for your coming to therapy. You are expected to play a major role in determining the treatment plan.

**Continuing Sessions:** Your therapist will listen, guide in processing and exploring feelings, facilitate solving of issues, structure exercises, offer suggestions, facilitate the practice and development of skills, gently challenge and explore alternative options, and give homework exercises.

### **Informed Consent of Therapy**

We want you to be confident and informed of our therapy approach.

New research, techniques and knowledge in the psychological field continue to expand to improve therapy. As a result, it has been found that certain skills and therapy approaches are more effective with certain counseling needs than others. Because of this, we are eclectic in our approach using differing therapy skills. A main approach is Cognitive Behavioral Therapy (CBT). Research finds this model effective with most needs and it is compatible to a Christian or biblical worldview. The approach recognizes that right thinking and behavior can help one's mood, feelings and attitudes (Rom. 12:2, Eph. 4:23). At the same time, we use certain psychodynamic skills to bring subconscious emotional memories to a conscious level to allow cognitive reframing; we use Gestalt techniques to bring about awareness of what is presently happening in the client's life to gain clarity and insight. Other approaches we may use are as follows:

*Interpersonal Therapy (IPT)*  
*Interpersonal Skill Training*  
*Process and Supportive Counseling*  
*Marriage Communication Skills*  
*Emotional/Behavioral Management Skills*  
*Rational Emotive Therapy (RET)*  
*Family System or Family Therapy*  
*Dialectical Therapy*  
*Educational or Insight-Oriented Therapy*  
*In-vivo Exposure for Obsessive Compulsive Disorder*

*Twelve Steps for Addiction and Dysfunctional Backgrounds*  
*Trauma Focus or Supportive Therapy for Post Traumatic Stress*  
*Spiritual Formation*  
*Biblical Integration*  
*Art and Play Therapy for Children*  
*Group Therapy*  
*Medication Referral*  
*Love Interventions for Substance Abuse and Conduct Disorders*  
*Inventory Testing*  
*Grief and Trauma Processing*

