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Disclaimer

First and foremost, I am NOT a Licensed Professional Counselor or therapist. Any support service through Anxiety Help With Wes may be referred to as help, support or coaching. Any podcast, YouTube videos, or support meetings with me are not meant to take the place of a therapist, doctor or other professional qualified support service. Additionally, I regularly refer to my position as a school counselor. Any subject matter, content, or opinions expressed in no way reflect on education or the school system in which I work. Any views or opinions shared are solely my own. While I sometimes offer personal views and opinions, it has no impact on meeting state or federal requirements or ethical standards for the school counselor.

Philosophy and Approach to Providing Anxiety Help

In an individual or group meeting, I intend to help you understand what you are experiencing and provide the best evidence-based resources and strategies that may allow you to manage discomfort, move forward and through. You may expect the use of:

- A problem-solving approach for situational challenges
- Unofficial assessments or scales which are useful in identifying challenges and track progress
- Use of a whiteboard, screen sharing and/or resources
- Homework (i.e. data logs, CBT worksheets, helpful reading)
- Mindfulness techniques
- Role Play
- Challenging
- Person-Centered Therapy, Cognitive Behavioral Therapy (CBT), and Solution-Focused Brief Therapy (SFBC), Dialectical Behavioral Therapy (DBT), Reality Therapy
- Laughter. Perhaps we can find humor in all situations
- We craft a plan for our time together and measure growth.

I'm particularly helpful in the following:

- Panic, anxiety, stress, worry
- Navigating uncertain times
- Relationships - developing, setting boundaries, healthy communication
- Understanding and managing emotions
- Developing or reaching a goal
- Grief/loss
- Sharing and practicing skills that can be done on your own in time to manage challenges

Formal Training and Education

I graduated from Lincoln Memorial University 2018 with a Masters of Education in School Counseling (License # 000708842) . I began working as a School Counselor in an intermediate school and continued at LMU to earn an Educational Specialist in Instructional Leadership degree. The EdS greatly increased my understanding and perspective of education and expanded leadership skills thus serving me in my position. While working with students and families, I realized continuing to grow in the field of mental health would allow me to better serve in this field. In August 2020-July 2021, I returned to LMU to complete the Mental Health Counseling program and do necessary post-graduate work in order to become a Licensed Professional Counselor. Internship hours were fulfilled at The Middle Path in Knoxville, TN. This is a mental health facility specializing in Dialectical Behavioral Therapy (DBT) and Intensive Outpatient Programs (IOP).

I earned a Bachelors of Science in Communications from the University of Tennessee in Knoxville in 2005.

Continuing Education or Supervision Requirements

I plan to meet state requirements, which includes passing multiple examinations and obtaining 3000 supervised hours to reach licensure.

Privacy

Confidential information may be disclosed when you, the person seeking anxiety help, give written valid consent or when a legally authorized person gives consent on your behalf. Information you share with me may be entered into records in written form. All written documentation regarding our meetings will be secured in a private physical location. Information about you and our meetings will not be shared casually or in public places.

There are some limits to your rights to confidentiality as I just mentioned. Information about your treatment may be shared during supervision/consultation with other professionals and/or members of your treatment team. When this occurs, this information will be limited to only that which is necessary and relevant. When possible, your identity will be protected.

Groups

There are risks to participating in a group. All group participants are asked to keep anything discussed during a meeting confidential. Sharing private information about a fellow group member, disclosing any identifiable information, private group discussion, etc. is grounds for removal. However, I cannot guarantee a participant will not break confidentiality.

Confidentiality

While I am not a Licensed Professional Counselor, I will follow State law and professional ethics require confidentiality to be broken in the following situations:

1. If there is suspected child abuse, elder abuse, or dependent adult abuse.
2. A situation in which a serious threat to a reasonable well-identified victim is communicated.
3. When threat to injure or kill oneself is communicated.
5. If you are required to sign a release for coaching, help or support records.
6. If you are involved in litigation or other matters with private or public agencies.

Think carefully and consult with an attorney before you sign away your rights.

Participant Bill of Rights from the Code of Ethics.

- You have the right to information regarding my training and professional credentials.
- You have the right to be treated by me in a consistently competent, ethical and respectful manner.
- You have a right to a personal, individual assessment of your needs in which your expertise about yourself is as important as my opinion about you.
- You have a right to referrals to qualified competent professionals and services when your treatment needs indicate it.
- You have a right to ask questions about the approach and methods I use and to decline the use of certain techniques, strategies, or areas of discussion.
- You have the right to confidential help except in circumstances already described in this document.
- You have the right to information regarding anticipated length of support meetings and my opinion if you stop meetings.
- You have the right to stop receiving help from me without any obligation other than to pay for the services you have already received unless you are a danger to yourself or someone else.

Benefits and Risks of Anxiety Meetings With Me

There are many benefits to engaging in individual and group meetings for anxiety support. These benefits have been established by scientific research but are sometimes difficult to monitor or pinpoint. I am responsible for ensuring that, for the most part, the benefits of our helping relationship outweigh the risks. I will always do my best to keep you informed of any possible risks as we make decisions together. I will also assist you in getting a treatment resource if at any time you'd like to use our time in this area. Again, while I offer tools used by counselors, I am not a licensed counselor and this service is not expected to take the place of a therapist, doctor and or professional service provided for your mental health. My belief is that any person who has a desire to move forward and/or change can do so with proper help and support. Ultimately, the decision to make changes is yours. I am here only to guide and assist you on your journey.

Unfortunately, there are no guarantees that any or all of your problems will be remedied by pursuing help with me. It is quite possible that you may experience stress, strained relationships, increased symptoms, and other difficulties as a result of our relationship, especially as you share painful feelings and thoughts that can cause unpleasant internal experiences. Growth is difficult, and often things feel worse before they feel better. You may experience stress or difficulty as you are challenged to make major life decisions and/or changes. It is helpful to talk about these issues as they surface.

Please know that change is slow, and often patience is required by both the helper and helpee, if that's a word, as this process continues.

Boundaries of Our Relationship

I hope our relationship is a unique relationship which consists of sharing the most effective information I can to help, giving you a space to share and feel, and more. For your protection and to preserve the integrity of our work, there are certain boundaries in our meetings.. You are expected to come to our meetings, live up to your financial obligations, and be honest. I am expected to provide services to the best of my ability, to maintain ethical and legal expectations, and to honor and uphold your support process.

Although support meetings work can be extremely personal and meaningful, the relationship will always remain professional. We will only meet virtually or in a designated location at scheduled times. Even once our helping relationship ends, we will be unable to have a relationship other than one that is supportive in nature. This ensures the preservation of the our connection if you should ever choose to return for support. Should you have any questions about boundaries at any part of my services, do not hesitate to ask and bring this up for exploration and discussion. We can discuss any particular feelings you may have in response to these boundaries. In fact, this

is an important part of personal growth if and when it becomes an issue.

Interaction with the Legal System

You understand that you will not involve or engage me, as your anxiety support, in any legal issues or litigation in which you are a party to at any time either during your support meetings or after our relationship ends. This would include any interaction with the Court system, attorneys, Guardian ad Litem, psychological evaluators, alcohol and drug evaluators, disability evaluations/paperwork, or any other contact with the legal system. In the event that you wish to have a copy of your notes, I may provide you with my unofficial documents at my discretion.

In Summary

By purchasing individual or group support services from Anxiety Help WithWes, you confirm that you have read and agree to each statement and that you wish to proceed:

- I understand that Anxiety Help With Wes is offered as a substitute for professional mental health care or medical care and are not intended to diagnose, treat or cure any mental health or medical conditions. I also understand that my meetings with Anxiety Help With Wes is not acting as a mental health counselor or a medical professional.
- I understand and agree that I am fully responsible for my well-being during my support meetings, and subsequently, including my choices and decisions.
- I understand that all comments and ideas offered by Anxiety Help With Wes are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and hereby give such consent to Anxiety Help With Wes to assist me in achieving such goals.
- I understand that the use of technology is not always secure and I accept the risks of confidentiality in the use of email, text, phone, Skype and other technology.
- I hereby release, waive, acquit and forever discharge Anxiety Help With Wes, Wesley Murphy, employees or representatives from every claim, suit action, demand or right to compensation for damages I may claim.

THE ORIGINAL COPY OF THIS DOCUMENT WILL REMAIN IN MY FILE AND I WILL GIVE YOU A COPY FOR YOUR PERSONAL FILES IF NEEDED.

Signature and printed name of person(s) being helped:

Date:

Signature and printed name of parent/legal guardian(s) (if necessary):

Signature of helper: _____

Initial Here: _____