

Balanced Choices, PLLC
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Welcome!

For the past several years I have enjoyed working with individuals and families to help them make the life choices they believe will be most helpful in their journey toward personal and relational well-being. I am grateful for the opportunities I've had to walk with, explore and learn from others as they courageously face their challenges and celebrate their victories.

My Background

I have my Ph.D. in Marital and Family Therapy; hold a Masters Degree and license (NC 1221) in the same field, and also hold a Master of Divinity degree. My doctoral research has focused on spirituality and relationships, and how each relates to the other to inform couple responses to stressful experiences. This research has led to one published article (*Journal of Marital & Family Therapy*, Cattich & Knudson-Martin, 2009) and another pending article.

For the past six years I have worked in a variety of university and community agency settings, including my doctoral residency under the supervision of the General Secretary of the International Family Therapy Association. Each of these settings have allowed me the privilege of working with great people who have in their own way contributed to my own systemic approach to individual, relational and mental health challenges.

Services Offered

I enjoy working with children, adolescents, couples, families, and single adults. Among the clinical issues I enjoy working with are depression, anxiety, behavioral disorders, ADD/ADHD, parenting, relational/marital conflict, divorce, grief and loss, and other life transitional issues.

A critical aspect of any effective therapy is the development of a safe, nonjudgmental environment that encourages an honest exploration of personal and relational patterns and the efficacy of the client's decisions to achieve their desired results. Building on a foundation of trust and safety, my therapeutic approach focuses on helping clients to experience themselves and others in new ways, thus leading to new personal and relational patterns. These new experiences and patterns occur when we allow ourselves to experiment with new ways of thinking, feeling, and responding to the people and situations we face each and every day. In the pursuit of these goals I borrow from a variety of family and systemic therapy models including Structural, Strategic, Experiential, Internal Family Systems, and Narrative Therapies.

Financial Issues

Unfortunately, due to the rising incident of non-payment of insurance claims or longevity of such payments, our office does not process insurance claims unless you are insured by BlueCross BlueShield. If you are not insured by BlueCross BlueShield, it is your responsibility to check with your insurance company to find out if you have coverage for out of network providers, what your deductible is per year, the number of visits permitted per year, and the amount they will pay per visit. Full payment is needed at the time of your visit. It will be up to you to follow through with getting reimbursed by the insurance company. I will be available to provide you any needed information, at your release, to your insurance company upon their request to facilitate payment. If you are filing an insurance claim for my services I will be required to provide the insurance company with a diagnosis. I will discuss this with you in advance and will answer any questions you might have. This diagnosis becomes part of your medical record. Your insurance company will need to know the type of treatment and dates of treatment you received. For confidentiality reasons, some people with insurance choose to pay all costs out of pocket so

that their insurance company isn't involved in any way. I respect your decision to handle these decisions as you see fit.

The following is our fee structure:

Initial session	\$130/hour
Individual Therapy	\$100 per 50 minutes
Couples Therapy	\$120 per 50 minutes
Family Therapy	\$130 per 50 minutes
Group Therapy	\$60 per 50 minutes
Phone consultations	\$25 per 15 minutes
Crisis calls for established clients	Free for first fifteen minutes (after first 15 minutes, \$25 per 15 minutes).
Case Management (Parent coordination, attorney)	\$25 per 15 minutes
Depositions/Court Appearance	\$50 per 15 minutes

******You will be charged the full session fee for any missed counseling appointments unless you cancel 24 hours in advance.******

We accept cash, check, or money orders.

Payment is due at the time of service. If you are insured by BlueCross BlueShield, you are only responsible for your deductible, coinsurance, and/or copayment at the time of service. However, if BlueCross BlueShield denies your claim you will be responsible for the full service fee. If you are not insured by BlueCross BlueShield you are responsible for the full fee at the time of service.

For children and adolescents, payment is expected from the parent bringing the child/adolescent to the session. In the case of separated or divorced parents, it is the parents' responsibility to work with each other regarding any reimbursement one parent may owe the other. I only keep track of payment amounts. I do not track from which parent I received payment.

Risks and Benefits of Therapy

As is true for any treatment, there are risks and benefits to therapy. Each should be given consideration before making any decision to engage in treatment. For example, the therapeutic process may lead to uncomfortable levels of sadness, guilt, anxiety, anger, frustration, loneliness, helplessness, or other negative feelings. Clients may recall unpleasant memories. The client may find that these experiences of sadness, anxiety, etc., can occasionally spill over into work or school settings. During the early phase of the therapeutic process, personal change can lead to an increase in emotional intensity and/or relational volatility until the client/clients finds their new equilibrium or "new normal." These experiences are to be expected any time someone engages in life changing endeavors.

When considering these risks, you should also remember that research indicates that most people find therapy significantly beneficial in alleviating a number of behavioral and emotional disorders. The therapeutic relationship provides the consumer with the opportunity to have a corrective relational experience in which they can explore challenging circumstances in a manner that reduces or relieves negative emotions. Client relationships and coping skills may improve significantly; personal goals and values may become clearer. I will embark on our therapeutic relational process with hope for your future, and invite you to do the same.

