

## Barbara J. Shaya, MA, LPC, NCC

### Professional Disclosure and Confidentiality Statement

**Barbara J. Shaya** is a Licensed Professional Counselor. Ms. Shaya received her Master of Arts in Counseling, with a specialization in mental health, from Oakland University in Rochester, Michigan. She is a member of the American Counseling Association (ACA) and the National Board of Certified Counselors (NBCC). Ms. Shaya abides by the ACA Code of Ethics (<http://www.counseling.org/docs/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=4>).

Ms. Shaya has professional training and experience working with adults both individually and in group counseling settings. Ms. Shaya worked in a non-profit clinic specializing in the treatment of survivors of domestic violence and sexual assault. She has experience working with diverse issues including: depression, anxiety, alcohol and substance abuse, grief and loss, divorce, parenting, adjustment, attention deficit, post-traumatic stress, eating disorders, sexual abuse, verbal abuse, emotional abuse, physical abuse, and suicide.

Ms. Shaya offers mental health services to adults and adolescents in both individual and group settings. Ms. Shaya's professional counseling style is based in humanistic, psychodynamic, and existential orientations; however, she utilizes a variety of other techniques (i.e. cognitive-behavioral therapy, motivational interviewing, solution-focused therapy) where appropriate. Each client is systematically evaluated and assessed so that a counseling plan can be developed based on their individual needs and goals. Ms. Shaya charges \$120- for an initial 45-minute counseling session and \$90- per 45-minute session thereafter.

Ms. Shaya understands the importance of client-counselor confidentiality and the limitations to confidentiality where appropriate. These limitations are as follows: (1) if there is suspected harm to self and/or others that is clear and imminent, and (2) if abuse is suspected in a child, older adult or a person with a disability or if court-ordered. In such instances, Ms. Shaya will confer with the client to discuss an appropriate course of action.

Ms. Shaya may seek professional consultation in which she may discuss clients and the ways to best help clients achieve their goals. Ms. Shaya will be mindful to not disclose specific information which would make clients identifiable. Additionally, such consultation will only be done with a professional bound by the same confidentiality constraints as Ms. Shaya.

In the event that a client would like to file a complaint regarding Ms. Shaya's counseling services, a written complaint should be sent to the following location:

Michigan Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing  
Legal Affairs Division, Allegations Section  
P.O. Box 30670, Lansing, MI 48909  
(517) 373-9196

**Business Address:** 725 South Adams, Suite 242, Birmingham, MI 48009

**Phone:** (248) 558-0950

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