

Practice Guidelines and Professional Qualifications

Christina J. Allen, LICSW
595 Dorset Street, Suite 2
South Burlington, VT 05403

Qualifications:

I have a Bachelors of Arts Degree from the University of New Hampshire and a Master's Degree in Social Work from Smith College in Northampton, MA. I have been providing social work services (counseling, case management, child protective assessment, parenting education) since 1997 with a break from 2001-2005 to be home with my own children. I am licensed in the State of Vermont as a Licensed Clinical Social Worker (License #089.0001085). I have pursued training over the years in the following areas: Anxiety Disorders including OCD, Depression and Mood Disorders, Cognitive-Behavioral Therapy, Parenting education/support, Adolescent development and issues.

Practice guidelines:

Sessions

My sessions are either 45 minutes or 55 minutes in length. The session is held and reserved for you. If you need to cancel, please call or email at least 24 hours in advance, allowing me time to offer the appointment to other clients. My policy is to bill \$50 for late cancellations and no shows. I do my best to send appointment reminders via email but it is your responsibility to remember appointments and cancel ahead of time.

Fees

My hourly rate is \$125.00. Please bring co-pay at the time of service. I accept following insurance policies: BS/BS of VT, MVP, Cigna, UBH, Tri-Care, St. Martin's Point, Medicaid, and Medicare.

Confidentiality

I will not release your confidential information without your signed permission. There are however, some exceptions:

1. If you are using insurance, your insurance agreement has required you to authorize me to provide a diagnosis and clinical information about, your treatment, and progress in therapy. Insurance companies claim to keep this information confidential, but I have no control over what they do with it.
2. If I believe that a child, elderly person, or a disabled person is being emotionally physically abused, I am legally required by law to report this to the state. If you report knowledge of an adult hurting or neglecting a child in any way, including providing them with alcohol and/or drugs, I am required to report this as well.
3. If I believe that a client is threatening serious bodily harm to another, I am legally required to take protective actions which include notifying the potential victim or notifying the police.
4. If I believe that a client is threatening harm to him/herself, I am legally required to seek hospitalization for the client or to contact authorities or family members who can help provide protection.

These situations are rare in my experience and should a situation occur, I make every effort to communicate openly with clients about best course of action. In an effort to provide balanced, thoughtful service to you and your family, I consult with other professionals for guidance. These consultations are confidential and I do not reveal client identities.

Minors

If you are under the age of 18, please be aware that your parents have legal right to examine your treatment records. It is rare that parents make this request. I find that collaborating with adolescents about what to communicate to parents is the best approach. If I feel that there is high risk of harm to either yourself or others, I am obliged to notify them of my concern. Before I do this, I will make every effort to discuss the matter with you and will do my best to resolve any objections you may have.

I am committed to remain curious and interested in your life. I hope to join with you to help you achieve your goals, challenge stressful thinking patters, strengthen the important relationships in your life and make yourself emotionally available to your children/family/friends. It is my practice to ask for feedback about my service in order to assess the effectiveness of your work together.