



Professional Disclosure Statement
LaShonda B. Fuller, Ph.D., LPC, NCC
Truth Untold (TUT) Enterprises, LLC
www.tutenterprises.org
(313) 649-5008

Formal Education:

- Doctor of Philosophy in Counselor Education, specialization in School Counseling, Western Michigan University
- Master of Education in Guidance & Counseling, specialization in School Counseling, Bowling Green State University
- Bachelor of Science in Journalism, specialization in TV/Radio Broadcast, Bowling Green State University

Professional Memberships:

- American Counseling Association
- American School Counseling Association
- Association for Counselor Education and Supervision
- Association for Multicultural Counseling and Development
- Counselors for Social Justice
- Illinois Counseling Association
- Michigan Counseling Association
- Michigan School Counseling Association
- North Central Association for Counselor Education and Supervision

Purpose of Counseling:

- To help clients develop self-awareness, self-confidence, and self-development.
- To help clients identify their own goals as he or she becomes aware of his or her strengths and areas for improvement.
- To support and provide resources for clients as we travel the counseling experience together.
- To create an environment welcoming all ethnicities and cultures.

Purpose of Group Counseling:

- To become self-aware of behaviors demonstrated in unhealthy relationships to better develop healthy relationships.

Diversity Statement:

Multiculturalism is a prominent component of life; therefore, it is inevitable that cultural and racial differences among the counselor and client(s) be acknowledged and embraced to support the counseling journey we will travel together. Diversity is another illustration of a person's many layers of self and may influence how people holistically view self, the world, and self within the world; therefore, diversity of all characteristics of a person is welcomed into the counseling session.

Theoretical Foundation:

My theoretical foundation supports a Cognitive-Behavioral approach. The understanding of this theory is that a client's irrational thoughts can lead to destructive behavior. The goal from this theory is to recognize the client's irrational thoughts and change those that are producing unpleasant consequences. I also find it necessary to focus on the here-and-now, present situation of the client. Additionally, my belief of history driving and directing one's behavior through social learning stems from a Psychoanalytic approach, where discussing the past may guide one into a greater self-awareness. Our past experiences have a partial influence on our present behavior whether negative or positive. Overall, the true focus in the counseling experience is to identify the meaning of your experiences for your progressive movement, which supports an Existential approach.



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Confidentiality of both Counseling and Group Counseling:

Respecting a client's right to confidentiality is important. Therefore, client's privacy is respected and maintained between the counselor and counselee. Disclosure of confidentiality will only take place in the following situations: the counselee gives the counselor permission to share; during times when the counselor may need to seek consultation with another licensed therapist; if the client indicates that he/she have been abused as a child and/or neglected currently or in the past; if the client indicates that he/she and/or others life is in danger; and if the client is facing legal litigations and the counselor's notes are subpoenaed by a judge or court order.

During group counseling it is the expectation that anything said in group will remain in group with the exceptions mentioned earlier. However, it is important to understand that group settings accompany risk. Group members are expected to respect member's personal self- disclosing and maintain privacy for the safety of all group members. If group confidentiality is broken, group action will be solely decided by the group.

Expectations from the Counselor:

As the client, you can expect to be heard and respected; to be challenged to think critically about situations you disclose; and to take responsibility of understanding self and roles played by self in any given situation. Throughout the counseling experience, follow-ups are necessary and will take place. Throughout group counseling, the expectation is that everyone works as a team; the members agree to respect and attempt to understand their fellow group members.

Drawbacks from Counseling:

Once the client reflects an understanding of his or her reasoning behind his or her thoughts and behaviors, the client should be able to: identify their strengths and areas for improvement, identify their limitations, and set attainable goals where I, the counselor, will only provide reinforcement and instructional guidance.

Drawbacks from Group Counseling:

There are several potential drawbacks of group counseling. A few typical expressions of resistance may include shyness, withdrawing from group discussion, sharing minimal during discussions, dominating the group experience, becoming angry with the group facilitator or group members, or missing group sessions.

Responsibilities of the Counselor:

As the counselor, I am responsible for providing a trustworthy atmosphere and protecting the rights of the client as it relates to client welfare. I also accept the responsibility of challenging the client/group members to become aware of what he or she may contribute to any given situation including but not limited to personal biases, prejudices, attractions, inflation of self and awareness, etc. Additionally, my duty is to assist in making observations, comprehensible reflections, and providing feedback. As a group facilitator, my duty is to guide the counseling process through sessions and help group members maintain focus.

Responsibilities of the Client:

The client is responsible for informing the counselor of accurate information and keeping information updated as needed when relative to services. Because of the short period of time that a counseling session may allow, regular and punctual attendance is imperative. If for any reason these requests cannot be met, the client is responsible for informing the counselor 24 hours in advance or as soon as the client becomes aware of any sudden change that needs to be taken into consideration during counseling sessions. Cancellations the day of scheduled service will still be charged a full session fee. If these requests do not occur after previous warnings, counseling will be terminated. In group counseling, please respect fellow group members, maintain confidentiality, participate in sessions, and keep an open mind.



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Fees:

Fees begin the day of service at \$200 an hour for individual counseling. There is a sliding fee scale that is considered based on income and should be inquired by potential client. Group counseling fees are negotiable and can range between \$35 – \$75 pending numbers of group members. Payments in the form of cash, money order, CashApp, Zelle, or PayPal are acceptable. If you are a referred client from an associated organization, the fee is negotiated through Truth Untold (TUT) Enterprises, LLC, and the affiliated agency.

Referral:

If by any chance the relationship between the counselor and the client is not coherent with the guidelines and expectations, a referral upon request may be offered. The client may be referred to another licensed professional counselor or an outside agency if an understanding and an honest relationship cannot be maintained. If a client would like to file a complaint regarding the received counseling services, please use the contact information below. The following should not be used for any other purpose.

Michigan Department of Licensing and Regulatory Affairs, Bureau of Professional Licensing Investigations & Inspections Division, P.O. Box 30670, Lansing, MI 48909, (517) 241-0205.

Texas Behavioral Health Executive Council, 333 Guadalupe St, Tower 3, Room 900, Austin, TX 78701, (800) 821-3205.