



Heart and Soul Counseling

Kim Sullivan, LPC, NCC

KSullivanPlay@gmail.com ♦ (929) 352-7529 ♦ www.HeartandSoulTX.com

Professional Disclosure Statement

Qualifications and Experience

I hold a Bachelor of Science degree in Secondary Education (Science Composite) from the University of Texas at Austin and a Master's of Arts degree in Professional Counseling (Marriage and Family emphasis) from Texas State University. Through my professional experience with organizations such as University of Texas - University Charter Schools, Merridell Achievement Center, Rock Springs Behavioral Hospital, and Central Texas Play Therapy Center, I gained experience working with children and adolescents with emotional/behavioral struggles; special needs children; individual adults; single parents; and blended families. In addition to the required counseling coursework, I completed University-level training in Child-Parent Relationship Therapy and Play Therapy, and completed intensive post-graduate training in Animal-Assisted Counseling. As a Licensed Professional Counselor (LPC), I have the knowledge and experience to counsel children, adolescents, adults, individuals, and groups thereof.

Nature of Counseling

My specialty in counseling children is play therapy. I will help your child cope with difficult emotions and find solutions to their own problems using different play therapy techniques. Since play is a child's natural language, it makes it easier for children to confront what is bothering them. The toys, games, and materials in the playroom are specially selected to provide the means for a child to express a full range of emotions through their play.

Similarly, my specialty in counseling older children, adults, and families also includes a variety of expressive arts and experiential therapies, all of which can help the clients better communicate and process their thoughts, feelings, and struggles. Depending on the individual or family's needs, some of the ways we may address what is bothering them might be through talking, making a drawing, creating a sand tray scene, interacting with a therapy animal, or actively moving around the room.

Some clients only need a few counseling sessions to achieve their goals; others may require months or even years of counseling. Together, we can decide when to end our counseling relationship. Should you decide to terminate our counseling relationship, I only ask that you return for at least one final termination session. It is vital that the trust that I share with your child in our therapeutic relationship not be broken by an abrupt end to counseling. Children may have already experienced several abrupt endings in their young lives. Holding a final termination session is important for clients of any age as it offers them the gift of closure and the gaining of a positive good-bye experience.

Please limit our contact to counseling sessions you schedule with me. **In case of an emergency, please call 911 or go to the nearest emergency room.** Although our sessions may be very intimate psychologically, ours is a professional relationship. Please do not invite me to social gatherings, offer me gifts, ask me to write a reference for you, or ask me to spend time with you in any other way than the professional context of our counseling. Although you may learn a great deal about me as we work together during our counseling experience, it is important for you to remember that you are experiencing me in my professional role only.

Billing and Cancellation Policy

Sessions are usually held weekly for 45-60 minutes, or 30 minutes for young children. Cash fees for sessions are listed below.

Pre-K Play Therapy	\$75/ half hour	Child-Parent Relationship Therapy	\$15/ group session
Individual	\$150/ hour	School Consultation/Visit	\$200/hour
Parent Consultation	\$75/ half hour	Legal Consultation/Court	\$300/hour

Cash, check, or credit payments are accepted. Payment of the session fee or insurance co-pay is due at the end of each session, unless other arrangements are made. You are entirely responsible for payment, however. If I am an in-network provider, I will file your insurance claim for you as a courtesy. *Please note that if your insurance does not cover all the charges, you will be responsible for the balance.* Checks must be made out to Heart and Soul Counseling.

If you cannot keep a scheduled appointment, please notify me at least 24 hours in advance by calling or texting 929-352-7529. Cancellations made with less than 24 hour notice will be charged an missed appointment fee.