

Professional Disclosure Statement

Miriam S. Zodikoff, MA, LPC

Hello and welcome! I appreciate your consideration in creating a therapeutic relationship. My counseling practice is one that welcomes individuals of all genders, races, religions, ethnic groups and sexual/gender orientations. Please read through the following guidelines, outlined to help everyone feel a sense of fairness and understanding of the expectations as we begin this process together. I will be happy to clarify information or answer any concerns at any time throughout our counseling relationship, and any time thereafter.

Qualifications, Experience and Interests

I hold a Master's degree (M.A.) in School and Community Counseling from New York University, earned in 1991 and was a counselor for many years after that, either part-time or full-time.

In 2011, I earned my license as a Licensed Professional Counselor from the Texas State Board of Examiners of Professional Counselors, License #63219. In April of 2014, I moved to Raleigh, NC and received licensure as a Licensed Professional Counselor by endorsement in the state of North Carolina, #11332. In July of 2017, I moved to Colorado Springs and received licensure as a Licensed Professional Counselor by endorsement in the state of Colorado, #14187.

With more than 25 years of experience in counseling adults, adolescents and children in a variety of settings, I have worked extensively with anxiety, depression, trauma, domestic abuse, eating disorders and adoption counseling. I have a particular passion for, and now specialize in, working with moms, adolescent girls and young adult women grappling with the difficult demands and influences of today's society.

Counseling Services

Overall, it is always my goal to create a safe, accepting and comfortable environment, which is conducive to allowing you, the client, to grow in self-awareness and self-acceptance. Initially, it is my goal that we work together to form a mutually desirable relationship and focus our counseling sessions by setting goals, which we will continue to assess throughout the counseling process. My general counseling approach is Cognitive Behavioral Therapy, Internal Family Systems and Emotionally Focused Therapy. However, I have a great interest and draw many techniques from other theoretical approaches.

Session Description/Missed Appointment or Cancellations

Sessions are scheduled to be 50 minutes in duration. In order to stay focused and progress towards the decided goals, it is important to establish regularity in the counseling process. Certainly, situations will arise that disallow sessions to occur. However, it is my goal that the counseling sessions do begin and end on time. Please give a 24 hour notice for the cancellation of an appointment. If I do not receive notice of cancellation at least 24 hours before the scheduled appointment, you may be responsible for the full price of the missed session.

Payments and Fees

The fee for an intake is \$100. The fee for a standard 50 minute session is \$130. I accept cash, check and credit card payments, but I do not bill health insurance companies for services at this time. You can apply to any insurance company

