



NewPoint of View Counseling

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Devyn Davis is a Licensed Associate Counselor at NewPoint of View Counseling PLLC. I am licensed with the Board of Behavioral Health Examiners in Arizona, license number LAC-19000. This information is intended to inform you about my professional background and to describe certain aspects of our therapeutic relationship. Please read it carefully and feel free to ask any questions you may have.

Qualifications: I received my master's degree in Clinical Mental Health Counseling from the Chicago School of Professional Psychology in 2019. I have been practicing for two years and have been extensively trained in therapies such as CBT, EMDR, Solution Focused Therapy, Person-Centered therapy with techniques in DBT and trauma interventions.

Supervised Practice: As part of the standard training process, my counseling services are under the supervision of Claudette Waite, LPC who may read, hear or see recordings of our sessions to provide me with feedback and ensure that quality care is being provided. **(Due to supervision and licensure requirements, audio, video recordings, or direct observations of our sessions may take place, with your express consent, and is part of NewPoint of View office policies that you signed. If you would prefer that our sessions not be supervised, I will be glad to assist you in finding another clinician to work with.)**

My approach to counseling is an integration of research-based methods with a combination of person-centered and strength based, with techniques in Eye Movement Desensitization and Reprocessing (EMDR), Dialectal Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Acceptance and Commitment Therapy (ACT). My scope of practice includes working with adults, individuals who suffer with pervasive trauma histories, including generational trauma and acute trauma. I am also trained in treating attachment-based trauma resulting from emotional, physical and safety needs not met by caretaker in childhood.

I am skilled at helping individuals embrace the best version of themselves, change negative thought patterns, manage emotions, build healthier relationships, manage addictive behaviors, and find ways to be satisfied with their own wellbeing. Not all trauma is created equal- some trauma can result from bullying and peer relationships, difficult family dynamics, and situations that left you feeling guilt and shame.

I believe that the relationship between you as the client, and me as your therapist is essential to your positive experience in therapy. I meet my clients where they are in the moment. I assume

that you are doing the best that you can, with the tools you have in the present. I am open, empathetic and desire to be attuned to the uniqueness of each person. I will provide a non-judgmental and supportive space that fosters trust, respect, and authenticity to achieve the positive outcome you desire.

My belief is that counseling is a joint effort between the counselor and the client. I am here to help you identify goals and potential solutions to problems causing current emotional turmoil. I will support your desire to improve your relationships, assist in improving communication, managing your emotions and reactions to life stressors and triggers. Together we will work on you developing and practicing skills to achieve optimal mental wellness.

I am passionate in supporting your quest for mental wellness and consider it an honor to work with you; while providing genuine warmth, care, and encouragement.

Length of Service Sessions: Sessions are typically 45, 50, 80 minutes each depending on individual, couple or family. The duration of counseling varies widely among clients depending on their needs and preferences. You may choose to terminate therapy at any time, but I strongly suggest that we have a final session together once you decide to terminate so that I am best able to help you prepare for and process the conclusion of our work together.

Methods of payment accepted include checks, credit card, cash, debit card and insurance. If you miss 3 consecutive appointments your file will be closed and you will be referred elsewhere. If you find that you must cancel or reschedule an appointment, please contact NewPoint of View Counseling at 602-550-5221 or ddavis@newpointofviewcounseling.com at least 24 hours in advance.

Please review NewPoint of View Counseling Office Policies and Financial Agreement regarding appointments cancelled with less than 24-hour notice and “no-show.” You will be charged the full fee amount for appointments cancelled with less than 24-hour notice and for now shows.

The counseling process may open up levels of awareness that could cause pain and anxiety as you work through them, and the process of change can be a difficult one that could cause disruption or discomfort in your life. While working through this discomfort at your own pace has the potential to yield very meaningful personal benefits, you always have the right to refuse to participate in certain therapeutic techniques.

Given the nature of counseling, it is difficult to predict exactly what will happen in terms of therapeutic outcome or to provide an estimate of the time required for a client to reach his or her personal goals. That being said, clients who are open to the process of change, are consistent with attending sessions, and are willing to work on goals outside of sessions tend to benefit the most from counseling and experience the most positive change.

Use of Diagnosis: Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require that a diagnosis of a mental-health condition is made and indicate that you must have an “illness” before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for

reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis before we submit the diagnosis to the health insurance company. Any diagnosis made will become part of your permanent insurance records, and may have ramifications in terms of costs of insurance and long-term insurability.

Confidentiality: I consider my clients' confidentiality of the utmost importance and will keep confidential anything you say as part of our counseling relationship. However, there are a few rare circumstances in which I may be required to break confidentiality: (a) you give written permission to disclose information to someone else, such as another health professional, insurance company, or family member. (b) I determine that you are a danger to yourself or to others. (c) you disclose information that leads me to believe a child, disabled person or elderly person is being abused or neglected. (d) I am ordered by a court to disclose information. (In unusual cases a client's involvement in a custody or criminal dispute may lead to me receiving such a court order.) As mentioned above under "Supervised Practice," I am in training and am thus required to be under supervision. The supervision process may include discussion of our counseling sessions with my supervisor or professional colleagues. I will make every effort to preserve your anonymity and you may trust that my colleagues are held to the same standards of confidentiality. All of our communication becomes part of your clinical record, which is accessible to you upon request.

Complaints: Although clients are encouraged to discuss any concerns directly with me, or my **Clinical Supervisor Claudette Waite LPC at 602-550-5221 or cwaite@newpointofviewcounseling.com** you may file a complaint against me with Arizona Board of Behavioral Health.

Client: _____ Date: _____

Counselor: _____ Date: _____