

PROFESSIONAL DISCLOSURE STATEMENT

Blair Harrington
8045 Corporate Center Drive
Suite 300-i
Charlotte, NC 28226

Blair Harrington received her M.A. in Clinical Mental Health Counseling and a Certificate in Play Therapy from the University of North Carolina at Charlotte on May 10, 2014. Blair is currently an LCMHC (13070) in North Carolina.

Services Offered/Theoretical Orientation

Blair has experience working with individuals, couples, and families. Blair has received additional training in the following areas: play therapy, filial therapy, and counseling adolescents. She has also had the opportunity to work with individuals in each of these areas throughout her practicum and internship experiences. Blair has specifically worked with children dealing with anger management, insecure attachments, an inability to self-regulate, as well as those that have witnessed domestic violence or substance abuse in the home. Blair has also had the opportunity to work with adolescent and adult clients suffering from marital issues, anxiety, grief, depression and those with self-harm or suicidal ideations. Through trainings and educational opportunities, Blair has gained experience working with a range of clients varying from those with typical developmental issues, low to high socioeconomic status, psychopathology, and individuals suffering from chronic health conditions. Since finishing her masters degree, Blair started her professional career in the role of School Counselor at Charlotte Secondary School (charter). During her time at CSS, Blair worked with 6-12th graders on various social-emotional issues. After working at Charlotte Secondary school for over 2 years, Blair switched positions and then worked as a School Based Mental Health Therapist with Family First Community Services from January, 2017 until June, 2017. In this role Blair completed clinical assessments, created treatment plans, conducted individual therapy sessions, worked with families, and lead groups on various social-emotional topics. Blair's next position started in September 2017 when she began working at a group private practice called University Psychological Associates, based in Charlotte, NC. Blair served as an outpatient therapist at the practice and completed assessments as well as individual therapy sessions. In her role at UPA Blair helped children, adolescents, and adults on their therapeutic goals. In January of 2025, Blair completed her time working at University Psychological Associates. In February of 2025, Blair began seeing clients through her own private practice, Blair Clinical Services, PLLC. Blair currently serves individuals who are 18 years and older. In Blair's current role she completes assessments as well as individual therapy sessions. Blair has worked with children, adolescents, and adults since January 2013. Since March of 2020, Blair has been offering sessions via Telehealth using the Simple Practice platform. Blair plans to continue offering Telehealth sessions as long as insurance panels provide this as an option for mental health outpatient services.

Blair approaches her clinical work with adolescent and adult clients from a person-centered theoretical orientation. This theory is based on the concept of humanism and focuses on helping individuals express their full emotions, practice autonomy, and gain self-awareness. As a therapist utilizing this theory, Blair will strive to create a nonjudgmental therapeutic relationship within a safe space for the clients to explore their inner thoughts and emotions. Blair will use the three facilitative conditions of empathy, congruence, and unconditional positive regard rooted in this theory to help promote client insight and empowerment. Blair will also practice reflective listening, a motivational interviewing technique to help clients explore their own attitudes regarding change. Blair also integrates Solution Focused theory into her professional orientation. Solution Focused theory concentrates on acknowledging the strengths of the client and creating a focus on the solution versus the problem. Blair will incorporate Solution Focused techniques such as: the miracle question, reframing, scaling questions, and finding exceptions. As a therapist, Blair will collaborate with clients to identify treatment goals which focus on the specific needs of the individual receiving services.

Blair will adhere to the criteria specified in the DSM-V as well as her own informed clinical judgment when diagnosing clients. During the treatment process if a diagnosis is identified, it will be conveyed to the client and become a part of their permanent record.

Fees/Methods of Payment/Length of Session

Blair charges \$250 for an initial evaluation and \$230 for any following sessions. She currently accepts BCBS, Aetna, Cigna, United Health Care, and Meritain Health. Blair Clinical Services, PLLC will bill your insurance. Accepted forms of payment are check, credit card, and cash. Counseling sessions follow a fifty-minute hour and additional fees may be charged for the use and evaluation of clinical assessment tools that may benefit clients in relationship to their presenting concern.

Confidentiality

Mental health professionals have an ethical responsibility and a professional duty to protect clients from unauthorized disclosure of information given in the therapeutic relationship. There are limits to confidentiality and privilege communication within the counseling relationship. The general limits are as follows:

- 1.) When harm to others and/or self is clear and imminent
- 2.) When child abuse, elder abuse, or abuse of persons with disability is suspected
- 3.) I am ordered by a court to disclose information

The American Counseling Association (ACA) Ethical Standards also require that counselors secure the safe and confidential maintenance of records. This includes creating, maintaining, transferring, or destroying records whether they are written, taped, computerized or stored in another medium.

Complaints

If you have a complaint against this counselor, you should attempt to resolve your complaint with the counselor directly. If this is not successful, you may express your concerns in writing, citing the ACA ethical codes you believe to have been broken, and submit your letter to the North Carolina Board of Licensed Clinical Mental Health Counselors. The board will assign your letter a number so names will be unknown to the entire board with the exceptions of the board attorney, administrator, and ethics chair. The complaint will then be considered, and a letter written to the counselor against which the complaint was filed allows the counselor to respond to the alleged charges. If needed, the board will investigate the complaint and issue a ruling after gathering all the necessary information. Investigations will not be conducted unless complaints are in writing and signed by the complainants. Complaint forms can be found at www.ncblpc.org or by contacting the North Carolina Board of Licensed Clinical Mental Health Counselors at (844) 622-3572.

North Carolina Board of Licensed Clinical Mental Health Counselors

P.O. Box 77819

Greensboro, NC 27417

Phone: [844-622-3572](tel:844-622-3572) or [336-217-6007](tel:336-217-6007)

Fax: [336-217-9450](tel:336-217-9450)

E-mail: complaints@ncblcmhc.org

You can also notify the American Counseling Association about possible complaints or breach of ethics by the counselor. The standard ethics complaint form will ask you to include the following: (a) your name, address, phone number, and email address (b) the name, address, and phone number of the professional counselor against whom you are filing the complaint, and (c) a brief explanation of the reason why the complaint is being filed. The ACA Ethics Committee liaison will send you a letter acknowledging the receipt of your complaint and ask for any other information the committee may need at that time. For additional information, please call ACA at 1-800-347-6647, X314 at plr@counseling.org. The ACA address is noted below:

American Counseling Association
ACA Professional Learning & Resources ACA Ethics
5999 Stevens Avenue
Alexandria, VA 22304
Attn: Ethics Committee Liaison (Confidential)
Fax #: (703) 823-3760

Acceptance of Terms

By signing below, I attest that I have read and fully understand my rights and responsibilities as a client. Additionally, I am aware of the limits of confidentiality.

Client Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
(If client is under 18)

Licensee Signature: _____ Date: _____