

Professional Mandatory Disclosure Statement

Trauma-Informed Disclosure Statement (v.04.2026)

DISCLOSURE STATEMENT & INFORMED CONSENT

Welcome. This document provides clear information about my professional background, our work together, and your rights as a client. My goal is a transparent and collaborative partnership. Please read this carefully and ask any questions you have before we begin.

Contact Information & Qualifications

Cristina Pearse, MA, LPCC
Business Address: 627 Spruce Street, Boulder, CO 80302
Email: cristinapearse@gmail.com | Phone: (720) 545-5519

I am a Licensed Professional Counselor Candidate (MA, Counseling, from Wake Forest University, May 2026) and in the process of completing the required supervision for licensure. I have completed clinical internships in Colorado and Florida. I also hold an MBA (Regis University) and a BA in Organizational Development (Regis University). My counseling training is within a CACREP-accredited program, which includes rigorous education in counseling theory, ethics, diagnosis, cultural competence, and more. A state-licensed Qualified Supervisor regularly reviews my clinical work to ensure the highest standard of ethical care. This means I discuss my cases to enhance my skills and ensure ethical practice. Your identity will remain confidential in these consultations. You have the right to know my supervisor's name and credentials, which I will provide upon request.

Counseling Background

My approach to counseling is highly collaborative and trauma-informed, grounded primarily in Person-Centered Therapy, Mindfulness-Based Cognitive Behavioral Therapy (CBT), neurobiology, and Wellness theories. I specialize in serving individuals—particularly women—navigating complex trauma, Adverse Childhood Experiences (ACEs), and systemic barriers to healing. In our work together, I focus on your inherent strengths, the connection between your thoughts, feelings, and somatic responses, and your overall well-being. I am committed to providing affirming care that respects your dignity, worth, and unique identity.

Confidentiality: Creating a Safe Space

Confidentiality is a core ethical commitment and the foundation of our trust. What you share in our sessions is private, with specific legal exceptions designed to keep you and others safe.

Limits to Confidentiality: I am legally and ethically required to break confidentiality in these situations:

- Risk of Harm to Self or Others: If I have reason to believe you are at imminent risk of suicide or homicide.
- Abuse or Neglect of a Vulnerable Person: This includes children, elders, and at-risk adults with disabilities.
- Legal Proceedings: If I receive a court order or subpoena that is legally valid.
- Professional Supervision: As a student, I discuss my work with my supervisor to provide you with the best care. My supervisor is held to the same strict standards of confidentiality.

I will make every effort to discuss any necessary disclosure with you first, whenever possible, to maintain transparency.

Special Note for Minors & Families

If you are under 18, your parents/guardians may have legal access to your information. My practice is to honor your privacy and autonomy as much as possible. I typically share general updates with parents (e.g., "We are working on coping skills") rather than specific session details. I will only break this confidentiality with you if there is a serious safety concern, and I will always strive to discuss it with you first.

Fees, Cancellations, & Practical Matters

- A client is entitled to receive information about the methods of therapy, the techniques used, the duration of therapy, if known, and the fee structure;
- Standard counseling sessions are 60-90 minutes;
- Fees & Payment: My services are self-pay only, and payment is due at the time of service. I do not bill insurance;
- Cancellation Policy: To respect both our time, I require 24 hours' notice for cancellations. Late cancellations or no-shows will incur the full session fee. I understand emergencies and illnesses happen; these will be reviewed with compassion on a case-by-case basis;
- Paperwork: Completing your intake paperwork before our first session allows us to use our time together effectively. If paperwork is incomplete at the start of the session, we will need to use that time to complete it, and the standard intake fee will be charged.

Use of Diagnosis

While I do not currently bill insurance directly, it is important to understand how diagnoses are used in mental healthcare. Health insurance companies require that a qualifying diagnosis be rendered if a client is seeking reimbursement for out-of-network services. Some conditions for which people seek counseling do not qualify for a diagnosis. If a qualifying diagnosis is appropriate in your case, you will be informed before any diagnosis is submitted to your health insurance company. Any diagnosis made becomes part of your permanent medical record.

Confidentiality

What you share in our sessions is strictly private, with specific legal and ethical exceptions designed to keep you and others safe. I am legally required to break confidentiality if I believe you are at imminent risk of harming yourself or others, in cases of suspected abuse or neglect of a vulnerable person (children, elders, at-risk adults), or if I receive a legally valid court order. Because I am a license candidate, I also discuss my caseload with my clinical supervisor, who is held to the same strict confidentiality standards. Any information provided by the client during therapy sessions is legally confidential in the case of licensed marriage and family therapists, social workers, professional counselors, and psychologists; licensed or certified addiction counselors; and registered psychotherapists, except as provided in § 12-245-220 and except for certain legal exceptions that will be identified by the licensee, registrant, or certificate holder should any such situation arise during therapy.

Professional Boundaries for a Safe Relationship

To maintain a clear, professional, and effective therapeutic relationship, I do not accept friend or contact requests on social media. In a professional relationship, sexual intimacy is never appropriate and should be reported to the board. Our contact will primarily be limited to our scheduled sessions and necessary coordination via phone or email. If we see each other in public, I will follow your lead to protect your privacy and will not initiate contact.

You may seek a second opinion from another therapist or may terminate therapy at any time.

Your Safety & Emergency Resources

I may not be immediately available by phone or email. Please do not use email or voicemail for crises. If you are in crisis, please use these resources immediately:

- Call or Text 988 for the National Suicide & Crisis Lifeline.
- Call 911 or go to your nearest emergency room.
- Crisis Text Line: Text "HOME" to 741741.

Ending Our Work Together

You have the right to end counseling at any time. To support your ongoing growth and ensure a positive closure, I encourage you to discuss this decision with me so we can have a final session to review progress and, if needed, provide referrals.

Your Voice Matters: Questions, Concerns & Complaints

Your feedback is essential. I encourage you to speak with me directly about any concerns. If you feel I

have acted unethically and you are not comfortable speaking with me directly, you may file a formal complaint with the Colorado Department of Regulatory Agencies (DORA) by phone at (303) 894-7800 or via their website at dora.colorado.gov. You may also contact the American Counseling Association (www.counseling.org).

The practice of licensed or registered persons in the field of psychotherapy for Colorado is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations, 1560 Broadway, Suite 1350, Denver, CO 80202, (303) 894-7800.

CLIENT CONSENT

I have read the preceding information and understand my rights as a client or as the client's responsible party.

Print Client's Name

Client's or Responsible Party's Signature

Date

If signed by Responsible Party, please state relationship to client and authority to consent:
