



Dr. Alyx MacTernan, Ed.D., LPCC, NBCC Philosophy and Information for California Residents

Philosophy/Therapeutic Orientation: At the heart of my work is my desire to support and encourage healthy relationships both with ourselves and others.

As a Licensed Professional Clinical Counselor of the State of California Board of Behavioral Sciences, I will abide by its Code of Ethics. Adherence to this code requires participation in continuing education and training in subjects relevant to this profession.

Formal Education/Training: I received my Ed.D. in Counseling Psychology from Argosy University and my Masters of Arts from Pepperdine University. Additionally, I have completed training in Telemental Health earning my certificate from the Telehealth Institute. I have also earned extended certifications in trauma, anxiety, depression, CBT theory, and Humanistic theory.

Fees: (cash, check, debit/credit (Visa, MasterCard, AmEx, Discovery; collected each session).

Individual session private pay (50 minutes): **\$150**

Group session (50 minutes): **\$150**

Relationship Counseling session (50 minutes): **\$150**

Cancellations: Cancellations and scheduling change requests made at least 24 hours prior to scheduled sessions are honored without fee requirement. Cancellations or rescheduling requests made within 24 hours a scheduled appointment will require full fee payment for the cancelled or rescheduled session.

Completing Counseling: I believe that clean endings support clean beginnings, and this is of importance in how you and I end our work together. As you feel ready – either to take a break, or to end our sessions – please communicate this to me so we can collaborate on a final session that honors both our time and work together, and your next phase.

Online Counseling: Video and electronic communication using ZOOM is an emerging method for coaching and counseling and affords many opportunities for clients to access practitioners outside their locale, and/or from the convenience of their own venue. Even though ZOOM is HIPAA-compliant, it is important to understand that, due to the use and nature of the internet, I cannot guarantee confidentiality for our video and electronic communication for the following reasons:

- Video or text conferencing conducted at your place of employment may be the property of your employer and may be seen or heard by your employer.
- Video or text conferencing conducted in any location may be overheard by any person in your vicinity.
- It is unknown the length of time for which our video or text communication may be stored, and whether or not your health information is protected.



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As a client of a California licensee you have the following rights:

- To expect that a licensee has met the minimal qualifications of training and experience required by state law.
- To examine public records maintained by the Board and to have the Board confirm credentials of a licensee.
- To obtain a copy of the Code of Ethics.
- To report complaints to the Board.
- To be informed of the cost of professional services before receiving the services.
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions:
 - 1) Reporting suspected child abuse.
 - 2) Reporting imminent danger to client or others.
 - 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies.
 - 4) Providing information concerning licensee case consultation or supervision.
 - 5) Defending claims brought by client against licensee.
- To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

You may contact the **California Board of Behavioral Science (BBS)** at:

1625 N Market Blvd S-200, Sacramento, CA 95834

Telephone: (916) 574-7830

Website: <https://www.bbs.ca.gov/>



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For Clients and Residents of California, I also agree to abide by the California Online Privacy Protection Act (CalOPPA):

Under CalOPPA, as a website and business that collects personally identifiable information from California residents, we have posted this privacy policy information that can be easily accessed, and we agree to the following:

- Users can visit our website anonymously.
- There will be a link to this privacy policy on our website home page as required and our privacy policy link includes the word 'privacy' and can easily be found on the website home page in the footer area at the bottom of the page.
- You will be notified of any privacy policy changes.
- You can edit, change, or request removal of any personally identifiable information we control and have on file by filling out a website contact form, calling us directly, or emailing us directly via the contact information provided at the bottom of this page.
- You can unsubscribe from any email communication from our company by clicking on the unsubscribe link provided at the bottom of each email.

Third Party Vendors That We Use Regularly

Below is a list of third-party vendors we use regularly:

- Zoom
- Simple Practice
- Google (multiple platforms)
- Facebook and Facebook Ads
- LinkedIn
- Bluehost
- WP Simple Pay / Stripe
- Yoast SEO

When vendors change, we make a significant effort to add or remove vendors from the list of vendors on the website, under the CalOPPA section of the Privacy Policy that can be found at: <https://elementalmentalhealth.com/privacy-policy/>