

Professional Disclosure Statement

Melissa Arnott-Cox, Ed.D, L.P.C. CAC
Counseling Services

211 West State Street ■ Suite 204 ■ Media, PA ■ (610) 565-4654
Melissa@drarnott.com
www.drarnott.com

Professional Education

Ed.D. Counseling Psychology
M.S. Counseling Education
B.A. Psychology/Liberal Studies

License

Professional Counselor, (L.P.C.) Commonwealth of PA # PC000589

Certifications

Certified Addictions Counselor, (CAC) Diplomat PCACB
Advanced Alcohol and Other Drug Abuse Counselor International Certification
Volunteer & Service Leadership, Neumann College
Group Psychotherapy, American Group Psychotherapy Association

Philosophical Base

I operate from an Existential/Person-Centered philosophy that emphasizes meaning in one's life, responsibility, and the pursuit "to be that self which one truly is" Soren Kierkegaard. I view counseling as a process by which I facilitate my clients in exploration, clarification and identification of their needs and help them to make changes in cognitions and behaviors that will result in the attainment of life satisfaction and self-acceptance.

Counseling Approach

From an Existential/Person Centered philosophy, I utilize the Multi-modal approach to counseling which is holistic, person-centered, and empirically based. Relying on research, I employ my diverse training and integrate an array of therapeutic interventions that will yield optimum results for the individual and the issues presented.

Areas of Training

Individual Counseling	Parenting Issues	Career Counseling
Training/Workshops	Organizational Development	Crisis Intervention
Family Counseling	Group Counseling	Abuse/Sexuality
Addictions Counseling	Depression/Anxiety	Stress Management
Anger Management	Mental Health Issues	Education/Academic
ADD Coaching	Values Clarification/Planning	Assessment & Evaluation
	Clinical Supervision	

Ethical Standards

I subscribe to the code of ethics of the following organizations. Copies are available and will be discussed with the client upon request.

- State Board of Social Workers, Marriage & Family Therapists and Professional Counselors
- American Counseling Association
- Pennsylvania Chemical Abuse Certification Board

Confidentiality

All information discussed in counseling will be treated as confidential except in instances when the client becomes a serious threat to self or others, when mandated by the law or upon an insurance company’s request for information regarding reimbursement of fees.

Professional Memberships

- American Association of Specialist in Group Work
- American Group Psychotherapy Association
- Association for Multicultural Counseling and Development
- International Association of Addictions & Offenders Counselors
- Pennsylvania Chemical Abuse Certification Board (PCACB), Certification
- The Society for the Scientific Study of Sexuality
- Pennsylvania Association of Addiction and Offender Counselors (PAAOC)
- American Counseling Association
- Pennsylvania Counseling Association

Fees

Individual & Family Counseling	\$ 85.00 per 50 min. session
Career Counseling	\$ 85.00 per 50 min. session
Group Counseling	\$ 45.00 per 50 min. session
Clinical Supervision	\$ 85.00 per 50 min. session
Coaching	\$ 25.00 per 15 min. session

Please feel free to discuss fees & special circumstances regarding payment

Due to the vast number of insurance companies each having separate forms and procedures; I do not bill insurance companies for your visits. If you are considering insurance companies for reimbursement, you should discuss this option at your first visit with me. However, you will be responsible for paying for each visit, each time, including the first visit.

Broken Appointments

Due to the time commitment I make to you, if you fail to show without having given at least 24 hours notice, you will be charged the full appointment fee. You may leave a message on my machine 24-hours a day at (610) 565-4654 in case an appointment must be broken.

“Excellence can be attained if you... Care more than others think is wise, risk more than others think is safe, dream more than others think is practical, & expect more than others think is possible.”