

Becoming a Person, L.L.C.

Mikael Snitker, PhD, CRC, LPC

Certified Rehabilitation Counselor & Licensed Professional Counselor

2001 W. Broadway, Suite 1, Monona, WI 53713

608-620-8857/voice/text

Counseling Philosophy and Approach

I believe people with and without disabilities can improve the quality of their lives through Rational Emotive Behavioral Therapy (REBT), coupled with other supports which bring wholeness in your life.

Rational Emotive Behavioral Therapy involves learning and applying cognitive errors causing distress and behavioral steps which you can measure yourself in the workbook and homework assignments I will provide during sessions, which are then followed up during sessions for reflection of areas of growth, challenges to your growth wholistically, and on the areas of your life you would like to improve. Sessions may include assessments, but not limited to REBT Challenge workbook and assignments outside sessions.

At times, I may provide you with information about parallel treatments, as examples Neurofeedback, Yoga, Equine, and other experiential services to help you with your growth.

Education, Licensure, Certification, Confidentiality

PhD-Rehabilitation Psychology

I hold a PhD from the University of Wisconsin-Madison in the field of Rehabilitation Psychology (2010). My dissertation research focused on the use and measurement of effective interventions to support students with disabilities' need to request accommodations from instructional faculty. The title of my dissertation was *Applying Self-Efficacy Theory to Understanding the Behavioral Expectations of College Students with Disabilities in Requesting Accommodations*.

MS- Rehabilitation Counseling

I hold a master's degree in Rehabilitation Counseling from Western Oregon University (2003). My areas of interest and study include: counseling clients with psychiatric disorders, transitioning youth with emotional and behavioral problems into community college settings, and providing accommodations and services for students with

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disabilities in higher education. The title of my counseling portfolio was *Employing Rational Emotive Behavioral Therapy in a Community College Setting*.

Licensure

I am a Licensed Professional Counselor in Wisconsin. My license number is 3970-125. Clients have the right to file a complaint with the state licensing authority. To do so, clients must contact:

State of Wisconsin Department of Safety & Professional Services
<http://drl.wi.gov/>

Certification

I am certified by the Commission on Rehabilitation Counselor Certification. For more information on the Certified Rehabilitation Counselor (CRC) designation, minimum competencies, the Code of Professional Ethics for Rehabilitation Counselors. You may contact the Commission at:

<http://www.crccertification.com/>

My CRC certification number is 00056122 and is valid through 3-31-2023

Confidentiality and Social Media

- See Notice of Privacy Practices, Disclosure, and Authorizations.
- I do not accept social media requests from consumers.

Emergency Services Contacts

Emergency/crisis services

I do not provide emergency services, and as such, if you are in crisis, you should call:

911

**988-- Suicide Prevention Crisis Line &
Local Mental Health Crisis Line in your locale**

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Initial Consultation

An initial consultation is provided to you at no charge, to determine if we are a good match for your needs and interests.

Hourly rates, Insurance, Collections, and 'Kick-Backs'

Hourly rates are \$125.00. Less than 24 hour cancellation notice may result in a full hourly charge. You will be billed for professional services provided outside of counseling sessions, including court testimony, and related preparation expenses. Rates may be adjusted to suit your budget.

Services may be terminated for non-payment; you will be suitably assisted with referrals if services are terminated. Your balance due may be submitted for collection services, for which you are responsible for paying collection fees and costs, including attorney's costs. If services are terminated for non-payment, you will be referred to other services.

I do not accept kick-backs for referring you services. For example, if I refer you for treatment, I will not receive additional payment for the referral. My primary obligation and interest is in assisting you improve the quality of your life, towards your goals.

Termination of Services/Referral

At any time, I may terminate services and refer you to other services which appear to be in your best interests. Should this be the case, I will inform you of the termination of services, provide you referral resources, in addition to the crisis resources listed above. It will be your responsibility to follow-up and get additional care, should you choose to do so.

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Student Observation, Clinical Licensure Interns

Periodically, I supervise program, college and university students and licensure applicants to assist them in their learning and licensure requirements. At times, they may observe (with your prior consent) our sessions, provide limited direct services, and discuss your progress towards your treatment and wholeness goals.

Accessibility Statement

As a rehabilitation counselor, I endeavor to provide services, materials, and learning related to your needs which are fully accessible related to your disability. If you have a specific disability accommodation/adjustment request, please contact me to discuss further.

Informed Consent

By initialing the previous pages and signing this form, I attest that I have discussed the aforementioned topics with Mikael Snitker PhD, CRC, LPC, Becoming a Person LLC and that I understand the information discussed as well as the information contained within this document.

Signature of Client

Date

Printed Name of Client

Printed Name and Signature of Parent/Guardian, (if client is under 18 years of age)

Becoming a Person, LLC, Mikael Snitker, PhD, CRC, LPC Date

Initials: _____