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**PROFESSIONAL DISCLOSURE STATEMENT:**

As you consider entering into a counseling relationship with me, it is important that you are aware of how our counseling sessions will be handled and what you can expect from counseling with me. Please read this statement and we will discuss it together during our first session.

I work with people from many walks of life and with a variety of life circumstances that are difficult or confusing. I will work with you as a partner and provide information, encouragement, observations, and a safe environment as together we explore your options. We will look at the ways your personal history has molded you and at the thoughts and feelings that have helped you interpret your world. Sometimes we will explore beliefs or behaviors that are not working for you and I may be able to help you consider alternatives that will be more effective for you. My goal is to help you identify your strengths, determine the areas in which you would like to become stronger, and encourage you as you make steps toward the goals you have set for yourself.

The benefits of counseling can be increased self-confidence, better understanding of yourself and others, and accomplishment of your goals. However, there may be risks that you should be aware of. You may feel pain or anger as you work through memories that bring out old feelings. You may make changes in certain areas of your life that force changes in your relationships with family, friends, or others. Together, we will work through the challenges you may face as a result of counseling. Most people find that the benefits of counseling far outweigh the risks.

You may choose to leave counseling at any time; however, I request that this decision be discussed with me in advance so we can plan for it together. I may be able to recommend other types of assistance such as support groups or reading materials.

Any information that you share with me in a session will be kept confidential unless you request, in writing, to release specific information. There are however some limitations to confidentiality. If you will be using insurance to pay for sessions, the insurance company may request information regarding diagnosis, symptoms, and the proposed treatment plan. Also, if I suspect that you may be a danger to yourself or to others, or if I suspect that a child is being abused, then I am required by law to notify an appropriate person.

Counseling sessions are 45-50 minutes and generally occur weekly, depending on the need of the client at the time. The fee for each session is \$100. Payment is expected at the time of the session. If you need assistance with submitting bills to your insurance carrier, please let me know. If you need to cancel or reschedule an appointment, please call at least 24 hours in advance.

I earned a master's degree in Counseling from Spring Arbor University in May 2008. In addition, I have been a trained peer-counselor since 2004. I have counseled individuals and couples dealing with marriage and re-marriage issues, divorce, depression, anxiety, parenting, sexual abuse, self-esteem, mid-life issues, weight loss, and career difficulties.

I am a Licensed Professional Counselor in the State of Michigan. If you have any questions or concerns about my work, please bring them to me. If you have further concerns and would like to file a complaint regarding my counseling services, you may contact:

Michigan Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing  
Investigations & Inspections Division  
P.O. Box 30670  
Lansing, Michigan 48909  
(517) 373-9196

Together we will make your counseling experience productive.