

## Confidentiality

Crystal Coast Counseling is **safe**, and **confidential**. All records are maintained according to state and federal laws of confidentiality. Information will be released **ONLY** with a client's written permission or if a client's condition indicates clear and imminent danger to him/herself or to others.

## Regarding Insurance

We can help and guide **you** to submit to **your** insurance company.

Crystal Coast Counseling will work with **you** in submitting to your insurance company. We are third party reimbursable, meaning that you pay for your sessions and in most cases your insurance company will reimburse you their rate. You must check with them regarding the particulars.

We believe in your right to **confidential** counseling services and therefore do not submit to insurance companies **on our own**.

### Insurance companies:

(1) demand a diagnosis in order to allow treatment (not everyone should receive a diagnosis).

(2) dictate how many sessions you need (here, you get to help decide that).

(3) maintain your diagnosis and treatment on your insurance records for years.

## Other Local Resources

Social Services	(910) 455-4145 (252) 728-3181
Onslow County Partnership for Children	(910) 938-0336
Aging Senior Citizen's Center	(252) 247-2626
Domestic Violence	(252) 728-3788
Rape Crisis	(252) 504-3668
Coastal Pregnancy Care	(252) 247-2273
CC Women's Resource Center	(252) 247-6585
Alcohol/Drug Council of NC Info & Referral	800 688 4232
AA	(910) 455-3666
AA	(252) 726 8540

# Crystal Coast Counseling



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# Welcome to Crystal Coast Counseling !

## **We are Here . . .**

Everyone faces challenging situations. Stressful events, coupled with a wide variety of complex issues, can negatively impact one's personal life and work performance.

We help you to address a wide variety of issues including depression, family concerns, divorce, pregnancy, parenting, identity issues, alcohol and other drugs, self-esteem, anxiety, relationships, coping skills, eating disorders, decision making, stress management, spirituality, sexual misconduct/assault, abuse, violence, assertiveness, anger management, and so on. A cooperative approach is taken with our clients (and their families if they so choose) with whom we work closely, providing quality therapy, consultation, guidance, and support.

## **How Services Are Accessed**

Potential clients can simply call for appointments, inquiries and/or guidance. Referrals to Crystal Coast Counseling are welcomed. Simply provide our contact information to whomever you refer. Clients **must** schedule their own appointments via telephone or in person (no email appointments, please). Counseling Services cannot inform the referring party of a client's attendance or follow-through without written permission from that client.

## **Crystal Coast Counseling Provides**

Individual Counseling

Group Counseling/Support Groups

Consultation

Training & Education

Referrals to Community Resources

Workshop Series and Presentations

Personal Enrichment Seminars

We are available to do excellent workshops and interventions for adults, adolescents, and children regarding Stress Management, Time Management, Holistic Health, Mediation, Sexual Misconduct (including Harassment and Assault), Appreciating Differences, Alcohol and Other Drugs, Social Norming, Teambuilding/Icebreaker, and many others ...  
Inquire today for your school, office, or team.

## **Julie Marion, LPC, NCC, NCSC Founder/Owner/Counselor**

Julie is a Licensed Professional Counselor. She is also a National Certified Counselor and a National Certified School Counselor. She holds a Master of Arts degree in Counseling from Arcadia University. She is a member of: American Counseling Association, North Carolina Counseling Association, American College Counseling Association, and Pennsylvania Counseling Association. Her undergraduate degree was achieved at Shippensburg University of Pennsylvania - major: psychology, minor: biology. Her research was funded by the Pennsylvania Academy of Science. Julie's counseling background and experience is extensive working with ages 3-93, individuals, couples, and groups; dual diagnoses, AOD, and SPMI. Her early work was in community mental health with adult psychiatric treatment and also inner city youth. Originally from Pennsylvania where she directed counseling services for York College of Pennsylvania for the past 7 years, she's now quite at home on the Carolina Coast.

**Journey of a thousand miles, begins with a single step. - Lao Tse**