**FACULTY AND STAFF ASSISTANCE PROGRAM**

**University of Colorado at Boulder  
3100 Marine Street, Suite A353  
Boulder, CO 80303-1058**

**DISCLOSURE STATEMENT**

Colorado state laws require that I provide you with a disclosure statement outlining my credentials as a therapist and your rights as a client. The following statement covers the points on which you should be informed according to Colorado Revised Statute (CRS) 12-43-214. If you have any questions about the material contained in this statement or about any aspect of your work with me, please do not hesitate to ask.

**ABOUT THE THERAPIST**

* Meridith Antonucci, BA, Registered Psychotherapist  
  Faculty and Staff Assistance Program  
  Administrative and Research Center  
  3100 Marine Street, 3rd Floor, A353  
  303-492-6731  
  [meridith.antonucci@colorado.edu](mailto:meridith.antonucci@colorado.edu)

**Educational Degrees**

* Master of Arts, Clinical Mental Health Counseling: Somatic Counseling, expected graduation May 2020; Naropa University, Boulder, CO
* Bachelor of Arts, Sociology, May 2013; Colorado College, Colorado Springs, CO

**State Licenses**

* Registered Psychotherapist with the state of Colorado’s Department of Regulatory Agencies, Division of Professions and Occupations, Denver, CO, January 2019 (NLC.0109435)

**Professional Trainings**

* Motivational Interviewing; completed 2019; Iris Bridge training program, Longmont, CO
* Applied Suicide Intervention Skills Training (ASIST), completed 2018, Boulder, CO
* 300-hour International Association of Yoga Therapists approved yoga therapy training program (2016), Colorado Springs, CO
  + Additional 320-hours completed between 2016 and 2019
* 500-hour Yoga Alliance Registered Yoga Teacher (2015) Santa Cruz, CA
* 200-hour Yoga Alliance Registered Yoga Teacher (2012) Colorado Springs, CO

**Clinical Approach**

As CU Boulder’s Faculty Staff Assistance Program intern counselor, my approach to counseling integrates theoretical, clinical and professional skills in mental health counseling, an understanding of social issues through a culturally sensitive lens, and nine years of teaching yoga, movement, and embodiment practices. My professional aim is to combine my experience and education to offer clients person-centered, compassionate, and holistic strategies to improve their mental and overall health. I will work with you as a unique individual by taking your specific goals, strengths, social identities, spiritual beliefs, and lived experiences into consideration. I use a variety of techniques learned from Somatic Counseling, Motivational Interviewing, Cognitive Behavioral Therapy, and mindfulness based practices.

As an intern counselor, I will be receiving supplementary supervision from the licensed therapists at FSAP as well as from my clinical internship supervisor at Naropa University. In order to receive ample and useful feedback, I might ask for your permission and consent to video and/or audio record sessions to be reviewed with my clinical supervisors. I am available to meet with you for six sessions per year free of charge (in addition to the initial intake session) and will provide you with external referrals if additional therapy is desired or recommended. Additionally, as FSAP’s counselor intern, I have the unique opportunity to offer additional sessions to some clients in some cases if it is deemed beneficial to both the client and counselor. These long-term session opportunities must be approved by FSAP’s intern supervisor. If at any point you would like additional information, or have questions about any aspect of your therapy with me, please feel free to ask.

**REGULATORY AGENCY**

The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations. The Boards of Registered Psychotherapists, Licensed Professional Counselor Examiners, Licensed Marriage and Family Therapist Examiners, Social Work Examiners, and Psychologist Examiners can be reached at:

State of Colorado Department of Regulatory Agencies  
Division of Professions and Occupations Mental Health Licensing Section  
1560 Broadway, Suite #1350, Denver CO 80202  
Phone (303) 894-7800 • Fax (303) 894-7693 • <http://www.dora.state.co.us/registrations>

As to the regulatory requirements applicable to mental health professionals:

* A Registered Psychotherapist is a psychotherapist listed in the State’s database and is authorized by law to practice psychotherapy in Colorado, but is not licensed by the state and is not required to satisfy any standardized educational or testing requirement to obtain a registration from the state.
* A Certified Addiction Counselor I (CAC I) must be a high school graduate, complete required training hours, and 1000 hours of supervised experience. A Certified Addiction Counseling II (CAC II) must complete additional required training hours and 2,000 hours of supervised experience. A CAC III must have a bachelor’s degree in behavioral health, complete additional required training hours, and 2,000 hours of supervised experience. A Licensed Addiction Counselor must have a clinical masters degree and meet the CAC III requirements.
* A Licensed Social Worker must hold a masters degree in social work.
* A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure.
* A Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a masters degree in their profession and have two years of post-masters supervision.
* A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision.

**CLIENT RIGHTS AND IMPORTANT INFORMATION**

* You are entitled to receive information from me about my methods of therapy, the techniques I use, the duration of your therapy with me (if known), and my fee structure. Please ask if you would like to receive this information.
* You can seek a second opinion from another therapist or terminate therapy at any time.
* In a professional relationship such as ours, sexual intimacy between a therapist and a client is never appropriate. If sexual intimacy occurs, it should be reported to the board that licenses, registers, or certifies the licensee, registrant, or certificate holder.
* Generally speaking, the information provided by and to a client during therapy sessions is legally confidential and cannot be released without the client’s consent. There are exceptions to this confidentiality, some of which are listed in Section 12-43-218 of the Colorado Revised Statutes (CRS) and the HIPAA Notice of Privacy Rights you were provided as well as other exceptions in Colorado and Federal law. For example, mental health professionals are required to report suspected child abuse to authorities. Mental health professionals are also required to report situations where there is imminent danger to you, someone else by you, or a grave disability you might experience. If a legal exception arises during therapy, if feasible, you will be informed accordingly. The Mental Health Practice Act (CRS 12-43-101, et seq.) is available at: <http://www.dora.state.co.us/mental-health/Statute.pdf>.
* In situations where imminent threat or harm to self or others is a concern of your counselor, your personal information and details of the situation/concern will be provided to the CU-Boulder faculty/staff-specific Threat Assessment Team.
* Your records will be kept for up to 7-years, following which they will be destroyed.

**By signing below you are agreeing that you have read the preceding information, it will also be provided verbally, and that you understand your rights as a client or as the client’s responsible party.**

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| **Client’s Name (Print)** |  |
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| **Client or Responsible Party’s Signature** | **Date** |
| If signed by responsible party, your relationship to client and authority to consent: |  |
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