

**CRESCENT COUNSELING & CASEWORK SERVICES INC.**  
**708 S. Rosemont Road Suite 203**  
**Virginia Beach, Virginia 23452**  
**Phone: (757) 431-0105/Fax: (757) 431-0106**

**PROFESSIONAL DISCLOSURE STATEMENT**

**Introduction**

My name is Dr. Brigitte McAlister. I am a Licensed Professional Counselor (LPC) in the state of Virginia, and I earned my Ph.D. in Advanced Studies in Human Behavior from Capella University. Within the Ph.D. program, I completed a dissertation on exploring symptoms of depression within adolescent pregnancy. I received my Masters of Education in Mental Health Counseling from Old Dominion University, a CACREP accredited program. My clinical experience in the field of mental health includes providing therapy to individuals, families, and groups (children, adolescents and adults) in outpatient, therapeutic day treatment and community based programs/settings.

**Credentials and Experience**

Licensed Professional Counselor #0701006753  
National Certified Counselor # 283597

Virginia Board of Counseling  
National Board of Certified Counselors (NBCC)

*Areas of Experience*

- Individuals:
  - Mood Disorders (Depressive and Anxiety Disorders)
  - Trauma and Stressor Related Disorders
  - Disruptive, Impulse-Control and Conduct Disorders
  - Attention-Deficit Hyperactivity Disorder
  - Personality Disorders
  - Schizophrenia Spectrum and Other Psychotic Disorders
  - Co-Occurring Disorders
  - Anger Management
  - Behavior Management
  - Crisis Intervention
  - Self-Mutilation
  - Suicidal/Homicidal Ideation
  - Mindfulness
- Family
  - Conflict Resolution
  - Strategic Interventions
- Groups
  - Anger and Stress Management
  - Behavior Management/Modification
  - Emotional Enhancement and Coping
  - Conflict Resolution
  - Self-Awareness
  - Psychoeducational Groups
  - Grief and Loss

Client ID #:  
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- Self-Esteem
- Character Building and Development
- Relationship, Boundary and Interpersonal Skill Development
- Bullying Awareness
- Life Skills/Independent Living Skills

**Theoretical Orientation:** My clinical orientation is primarily two evidenced-based theories: Cognitive Behavioral Therapy (CBT) and Rogerian (Person Centered) Therapy. Cognitive Behavioral Therapy (CBT) focuses on the relationship between feelings, thoughts and behaviors. It is a core belief of CBT that behaviors are only successfully altered through the awareness of maladaptive thoughts and feelings. A modification in the negative thought pattern encourages the development and practice of more positive and constructive behaviors. Rogerian (Person Centered) Therapy is based on three basic principles: congruence/genuineness, unconditional positive regard and empathy. The client is viewed as the expert on his/her own life and the role of the therapist is to provide guidance and support while assisting the client with the identification and pursuit of an environment supportive of growth and personal development. As each client's needs are different, therapeutic sessions will be individualized and the selected methods and techniques implemented will be focused on meeting the needs of each client within that particular session.

**Ethical Guidelines:** The practices of this office adheres to the professional standards of the American Counseling Association and The National Association of Social Workers in addition to the Virginia Department of Behavioral Health and Disability Service's licensing regulations.

Client Signature: \_\_\_\_\_

Date:

Parent/Guardian/Authorized Representative Signature: \_\_\_\_\_

Date:

(If applicable)

Therapist Signature: \_\_\_\_\_

Date:

*Dr. Brigitte McAlister, PhD, LPC, NCC, LMHP*

Client ID #:

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