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The purpose of this statement is to provide you with information regarding our counseling sessions together. I encourage you to read over the following information and to discuss the information with me in our first session together.

During our sessions, we will participate in a collaborative venture. During these sessions, I will work to create an environment that will facilitate your own personal growth. To enable you to change and grow, I will make an effort to provide you with an atmosphere in which you feel comfortable to express your thoughts and feelings. I conduct my sessions using a strength-based/person-centered perspective, which places a great deal of emphasis on the collaboration between my clients and myself. I am a facilitator in your change and growth. At times, I will bring issues to your awareness and gently challenge you to examine your current thoughts, behaviors and feelings. During this time, you will, hopefully, embark on some exciting life changes. In the course of making changes, you may find that you begin to recall upsetting situations and relationships. In some ways, the changes you are hoping will take place may not develop at the speed in which you have hoped. I encourage you to have patience with your undertaking and realize that change is a process. In addition to the work you and I do together in the office, I may, at times, encourage you to seek additional support from books, tape recordings or other resources. These additional things will be suggested only to enhance your work.

I have been practicing counseling as a Master's Level Clinician for five years. Before I received my Master's Degree, I was employed full time since completing my undergraduate degree working with children and families in a multitude of community outreach programs. I consider myself coming to you with nine years of experience in the social service and mental health fields. I hold a Master's Degree from Eastern Michigan University in Counseling and a Bachelor's Degree in Psychology from the University of West Florida. I also hold a License in Professional Counseling with the State of Michigan.

Everything we discuss during our sessions will be held in confidence. Any information I want to share with somebody else about you will have to be approved by you, in writing. I have found that being open and honest is the best success between client and therapist.

I look forward to working with you and making your counseling experience a rewarding one.