

NANCY S. RICHARD, PH.D.
Clinical Psychologist

WELCOME

I appreciate that you selected me to work with you. I want you to feel comfortable coming here, so I will address questions commonly asked by new clients. I hope you feel welcome and comfortable to ask questions or express concerns about your treatment.

SERVICES OFFERED

Psychotherapy for:

Teens

Individual Adults

Couples

PROBLEMS ADDRESSED

Depression, Grief, Shame, Anger, Guilt
Anxiety, Panic Attacks, Fears
Death, Divorce, & Loss
Incest, Rape, & Assault
Difficulty Concentrating
Self-defeating Behaviors
Marriage & Family Concerns
Other Relationship Difficulties

Stress, Burnout, & Tension
Childhood Abuse Experiences
Anger Management
Eating Disorders
Child Behavior Problems
Spiritual Concerns
Boundary Issues

APPOINTMENTS

I am available by appointment only. Appointments can be made by calling me either at my office (828) 266-9690, or on my cell phone (828) 773-4445. If I am not available, please leave your name and number and I will return your call. (828) 26 **In case of emergencies contact Daymark: 4-8759 or a crisis line: (866) 275-9552.** If you are unable to attend a scheduled visit, please notify me as soon as possible. In case of inclement weather, please contact me on my cell phone to verify whether we will be able to meet. Telephone calls that involve more than initial contact, scheduling, or confirmation of appointments will be considered counseling and will be billed accordingly.

DUAL RELATIONSHIPS

When someone enters counseling with me, I am ethically bound to limit my social contacts with that person for the duration of counseling. Due to the nature of our community, we may come into contact with one another outside the office setting. Out of respect for your confidentiality, I will not acknowledge a counseling relationship with you in a social setting. Please understand that I must maintain this somewhat awkward distance in order to prevent an unhealthy over connection between my clients and myself.

FEES

My fee is \$125 per 50-minute session, which is consistent with the local rates charged by other mental health professionals with my credentials. I expect the full fee to be paid at the time the services are rendered, unless another arrangement has been made with me. I recommend that you contact your insurance company first to determine what your coverage might be.

PURPOSE/PHILOSOPHY

I am committed to enhancing the emotional and spiritual growth of people, individually and in relationships. The purpose of my counseling is to help people overcome the hindrances that keep them from reaching their potential to be fully loving and responsible – toward themselves, in relationship with other people, and in their spiritual walk. By combining knowledge of effective psychotherapy methods with Biblical principles, I can best minister to those who seek my services. I tend to use a combination of cognitive-behavioral techniques, interpersonal therapy, and family systems treatment.

BIOGRAPHY

Dr. Nancy Richard earned her Master of Science Degree from Florida State University in 1982. She obtained her Doctor of Philosophy Degree in Clinical Psychology from Florida State University in 1986. She has worked in both inpatient and outpatient settings, including Faith Counseling Center in Tallahassee, Florida and The Key Pastoral Counseling Center in Huntsville, Alabama. She was an adjunct professor with the Detroit Pastoral Counseling Program of Ashland Theological Seminary. She is a member of the North Carolina Psychology Association, the Christian Association of Psychological Studies, and the American Association of Christian Counselors.

DIRECTIONS

I am located in the Oak Summit Office Park, 895 State Farm Road, Suite 210, in Boone, North Carolina. My office is on the second floor of the first building to the right.