

DISCLOSURE STATEMENT

Sara L. Milmoe, MS, LPC, CAS

[Sara Milmoe Counseling & Recovery Services](#)

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1) Education

Masters of Science, Clinical Psychology, University of the District of Columbia, Washington, DC
Bachelors of Art, Psychology, Minor in English, University of Denver, Denver, CO

2) Credentials

Licensed in the State of Colorado as a Licensed Professional Counselor, Lic # LPC.0003243

Certified in the State of Colorado as a Certified Addictions Specialist, Cert # ACC.0006030

The practice of licensed or unlicensed persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations. Colorado State Board of Professional Counselor Examiners can be reached at 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800.

As to the regulatory requirements applicable to mental health professionals:

- ∞ An Unlicensed 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 requirements to obtain a registration from the state.
- ∞ A Certified Addiction Technician (CAT/ACA) 1 must be a high school graduate or equivalent, complete required training hours, 1,000 hours of supervised experience and pass the NAADAC NCAC Level I exam.
- ∞ A Certified Addiction Specialist (CAS/ACC) 1 must have a bachelor's degree in clinical behavioral health, complete required training hours, 3,000 hours of supervised experience (may include hours completed for the CAT/ACA), and pass the NAADAC NCAC Level II exam.
- ∞ A Licensed Addiction Counselor (LAC/ACD) 1 must have a clinical master's degree, meet the CAS/ACC requirements OR complete 2,000 additional hours of supervised experience, and pass the NAADAC MAC exam.
- ∞ A Licensed Social Worker must hold a master's degree from a graduate school of social work and pass an examination in social work.
- ∞ A Licensed Clinical Social Worker (LCSW/CSW) 1 must hold a master's or doctorate degree from a graduate school of social work, practice as a social worker for at least two years, and pass an examination 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 Marriage and Family Therapist must hold a master's or doctoral degree in marriage and family counseling, have at least two years post-master's or one year post-doctoral practice, and pass an exam in marriage and family therapy.
- ∞ A Licensed Professional Counselor must hold a master's or doctoral degree in professional counseling, have at least two years post-master's or one year postdoctoral practice, and pass an exam in professional counseling.
- ∞ A Licensed Psychologist must hold a doctorate degree in psychology, have one year of post-doctoral supervision, and pass an examination in psychology.

Please send completed forms to:

Sara Milmoe Counseling and Recovery Services

1650 38th St. Boulder Healing Hub, Suite 100E, Boulder, Co 80301-2624

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- 3) You are entitled to receive information from your therapist about the methods of therapy, the techniques used, the duration of your therapy (if known), and the fee structure. You can seek a second opinion from another therapist or terminate therapy at any time.
- 4) In a professional relationship, sexual intimacy is never appropriate and should be reported to the Colorado State board that licenses, registers, or certifies the licensee, registrant or certificate holder.
- 5) Generally speaking, the information provided by and to the 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, as well as other exceptions in Colorado and Federal law. For example, mental health professionals are required to report suspected child abuse to authorities. 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>.

I have read the preceding information, it has also been provided verbally, and I understand my rights as a client or as the client's responsible party.

Print Client's name: _____

Client's or Responsible Party's **Signature** **Date**

If signed by Responsible Party, please state relationship to client and authority to consent: _____