

| PROFESSIONAL DISCLOSURE STATEMENT |

| **Carrie A. Dyer**, BFA, MFA, MA, LCMHCA

North Carolina Licensed Clinical Mental Health Counselor Associate

License #: Pending

Irenic Therapy PLLC

| **Qualifications**

I am a provisionally licensed counselor (LCMHCA) in North Carolina, currently pending final licensure approval. I earned my *Master of Arts in Clinical Mental Health Counseling* from *Wake Forest University*. I hold a Bachelor of Fine Arts (BFA) in Graphic Design and a Master of Fine Arts (MFA) in Visual Communication from *The School of the Art Institute of Chicago* and I bring over twenty years of experience in creative education. My background centers on human-centered learning and healing. As a Licensed Clinical Mental Health Counselor Associate in North Carolina, I practice under the supervision of a fully licensed clinical supervisor in accordance with state licensure requirements.

| **Professional Affiliations**

/ CSI, *Chi Sigma Iota Counseling Academic and Professional Honor Society*

/ ACA, *American Counseling Association*

/ ACC, *Association for Creativity in Counseling Creative Arts*

/ AMCD, *Association for Multicultural Counseling & Development*

/ CSJ, *Counselors for Social Justice*

| **Specialized Training**

> EMDRIA-approved EMDR Training, Summer 2025

> Integrated EMDR & Internal Family Systems (IFS) Model, Fall 2025

| **Education**

/ MA, *Wake Forest University, Clinical Mental Health Counseling, 2026*

/ MFA, *School of the Art Institute of Chicago, Master of Fine Arts in Visual Communication, 2006*

/ BFA, *East Tennessee State University, Bachelor of Fine Arts, 2004*

| **Counseling Background & Theoretical Approach**

My approach to the therapeutic process is client-centered, collaborative, and strengths-based. I prioritize creating a safe, affirming space for individuals navigating trauma, grief, neurodivergence, and major life transitions. Grounded in empathy, cultural humility, and a respect for the inner world of each person, I work alongside clients to explore identity, attachment, and meaning-making.

I am drawn to working with clients from historically marginalized communities, individuals experiencing chronic illness, and those navigating complex systems of identity and oppression. I approach the therapeutic process through a trauma-informed lens, with special attention to the impact of adversity, neurodivergence, and the healing potential of creative expression.

My therapeutic style is grounded, empathetic, and collaborative, guided by the belief that healing is nonlinear, deeply personal, and made possible through authentic connection. I also draw from Acceptance and Commitment Therapy (ACT), supporting clients in developing psychological flexibility, relating differently to difficult thoughts and emotions, and reconnecting with values that guide meaningful action.

My work is further informed by Existential Therapy, which invites exploration of life's deeper questions, identity, freedom, responsibility, and meaning, particularly in the face of uncertainty, loss, and transition. My passion lies in creating safe, affirming spaces where clients can explore their inner world with curiosity, compassion, and courage. I bring over two decades of experience in creative education and deeply human-centered work.

I integrate elements from experiential, systems-based, and somatic approaches while staying grounded in evidence-based and mindfulness-based practices. My clinical interests include supporting individuals navigating destabilizing systems, attachment injuries, chronic illness, grief, complex trauma, and major life transitions. I am drawn to integrative approaches, including Internal Family Systems (IFS), Eye Movement Desensitization and Reprocessing (EMDR), Narrative Therapy, Emotionally Focused Therapy (EFT), Acceptance and Commitment Therapy (ACT), and somatic practices. I am also inspired by Jungian and existential modalities that explore life's deeper meanings and how the process of individuation shapes our worldview.

I am particularly drawn to modalities that honor the nervous system, creative expression, and the non-linear nature of healing. I bring a neurodivergence-informed perspective that supports a compassionate, curiosity-driven approach. I have completed EMDRIA-approved EMDR Training and the Integrated EMDR & IFS Model.

| **Counseling Services**

I provide individual counseling services at Irenic Therapy PLLC. All services are offered in accordance with agency policies and ethical guidelines established by the American Counseling Association (ACA) and the NCBLCMHC. I do not prescribe medication. Sessions are typically 50-55 minutes and may occur in-person or via HIPAA-compliant telehealth for clients physically located in North Carolina, depending on client preference and clinical appropriateness.

| **Clinical Supervision**

As a Licensed Clinical Mental Health Counselor Associate (LCMHCA), I practice under the supervision of a Board-approved, fully licensed clinical supervisor, as required by the North Carolina Board of Licensed Clinical Mental Health Counselors.

/ Site Supervisor (Primary Clinical Supervisor):

Brianna Toomes, LMFT, AASECT Certified Sex Therapist, CSOTP, AAMFT Supervisor

Irenic Therapy PLLC

Phone: 336.908.3927

Email: brianna@irenitherapy.com

| **Emergency / Crisis**

If you are experiencing a mental health emergency, please call 911 or go to your nearest emergency room.

| **Confidentiality**

All client information is protected under HIPAA and North Carolina state law. Information shared in counseling sessions will remain confidential with the following exceptions: (a) If there is risk of serious harm to self or others. (b) In cases of suspected abuse or neglect of children, elderly persons, or dependent adults. (c) If records are subpoenaed by a court of law. (d) If you provide written consent for the release of information. (e) As a Licensed Clinical Mental Health Counselor Associate, I participate in ongoing clinical supervision as required by the North Carolina Board of Licensed Clinical Mental Health Counselors, for the purpose of professional growth and ensuring quality care. Supervisors are also bound by confidentiality and ethical guidelines.

Fees & Policies

Fee policies are established by *Irenic Therapy PLLC* and will be reviewed with each client during intake. Please refer to your intake paperwork for specific information regarding cancellations, insurance, and payment.

Client Rights

As a client, you have the right to:

(a) Be treated with respect and dignity, regardless of race, ethnicity, gender, ability, age, sexual orientation, or background. (b) Ask questions about my training, orientation, and experience. (c) Request a referral to another counselor if you feel the counseling relationship is not a good fit. (d) Terminate counseling at any time.

Complaints

If you have concerns about your counseling experience or believe ethical misconduct has occurred, you are encouraged to discuss these concerns with me directly or with my supervisors. You may also file a formal complaint with:

North Carolina Board of Licensed Clinical Mental Health Counselors
P.O. Box 77819, Greensboro, NC 27417
Phone: 844-622-3572
Website: www.ncblcmhc.org

Acknowledgment

By signing below, you acknowledge that you have received, read, and understand this Professional Disclosure Statement.

Client Name (please print): _____

Client Signature: _____ Date: _____

Therapist Signature: _____ Date: _____