

CONTACTING THE COUNSELOR

During regular business hours, Ms. Fortner can be contacted by calling **(843) 652-5532**. After hours, she may be contacted by dialing **(843) 652-5532** which has a cell phone call forwarding feature alerting Ms. Fortner of the office call. She will call as soon as is reasonably possible. If there should be an emergency, proceed to your local emergency room or dial 911. For my clients and their family members, both numbers have voice mail, so messages are checked frequently with return calls being made in a reasonable amount of time.

During generally observed holidays, continuing educational experiences, or scheduled vacations, an announcement will be placed on her office voice mail advising callers when she will be out of the office and when she will return to the office to see clients.



*Through Counseling and Education,
A Window for Change, Growth, and
New Beginnings*

*A member of the following
professional organizations*

*American Mental Health Counselors
Association*

*National Board of
Certified Counselors*

*American Mental Health Counselors
Association-South Carolina*

KLF Counseling and Consulting, PA

Kathy L. Fortner, Ed. S, LPC, NCC

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**KLF COUNSELING
AND CONSULTING, PA**

*Counseling, Therapy, and Prevention
Education for Children, Adolescents,
Parents, Adults, and Senior Citizens*

*Medical Professionals, Legal Practices,
Business Professionals, and Educators*

consulting services are available for employee
seminars and training, staff development,
and group experiences.

**Certified as a Triple P Parent Education
Provider in South Carolina**

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ABOUT THE PRACTICE, THE COUNSELOR, AND REASONS FOR THERAPY AND EDUCATIONAL SERVICES

Kathy L. Fortner, a WV native, holds an Ed. S. Degree in Counseling from *Marshall University Graduate College* and a Masters in Counseling (MA Degree) from *WV Graduate College*. She also has a BS Degree in Biological and General Sciences, Secondary Education, from *West Virginia University*. Ms. Fortner, a former Licensed Professional Counselor in WV, is currently licensed in SC, and has continually been Nationally Board Certified. She was an active board member and Editor for, *The Courier*, WV Licensed Professional Counselors organization publication. Ms. Fortner has served as AMHCA-SC Board Member, Secretary - *AMHCA-SC*, and *Public Relations Liaison*. She is a member of AMHCA, AMHCA-SC, ICISF, and NBCC.

Ms. Fortner previous employment has included private practice therapist, family practice counselor/social worker, adjunct professor in Master's counseling program, college counselor, school counselor, prevention specialist, gambling addictions counselor (private practice), substance abuse special project director, patient educator for prevention and anticipatory guidance in primary care setting, and manager of successful primary care practice. Private practice counseling/therapy provided individual, family, and group experiences for clients referred by medical, mental health, and legal professionals. She is a MFLC with the DOD and also as a member of the Horry County Fire and Rescue Critical Incident Stress Management Team. Medical, legal, education, and business professionals have contracted with Ms. Fortner to assess practice/business needs, conduct in-service experiences, and serve as consultant.

Ms. Fortner has participated in various volunteer efforts in her community, while in WV, particularly those involving youth/adolescent programs, Gifted student activities, Scouting and church youth programs, Tar Wars Tobacco Prevention Programs with the WVAAFP,

medical/mental health screening initiatives for various patient populations, and Red Cross Blood Mobile clinics. She has held offices in her church community and the former Logan County Medical Society Auxiliary. She is a member of Belin United Methodist Church, Murrells Inlet, SC.

She has also served as Adjunct Professor in the Counseling Department of Marshall University Graduate College specializing in *Human Appraisal and Psychopharmacology*.

REASONS FOR THERAPY, PATIENT EDUCATION, AND CONSULTING SERVICES

Life can provide events or circumstances that may prove to be overwhelming in the every day lives of individuals and their families. Issues that may be addressed or particular needs for consultation could involve

- ◇ *Parenting, family, and school related issues*
- ◇ *Individual crisis and/or stress*
- ◇ *Loss and grief due to death, relationship changes, job change, or changes in health status*
- ◇ *Smoking Cessation*
- ◇ *Anxiety or fears*
- ◇ *Children or adolescent concerns, including career assessment*
- ◇ *Depression*
- ◇ *Transitions in life*
- ◇ *Prevention and Wellness Counseling*
- ◇ *Conflict Resolution*
- ◇ *Team Building*
- ◇ *Employee Assistance*
- ◇ *Assessment for disorders*

When situations arise such as those listed above, the result may be the need for professional mental health or specialized educational services. Research has shown, in many

circumstances, chemical imbalances and/or certain medical conditions, can result in symptoms of depression, anxiety, stress, or other mental health concerns. Medication, when indicated, in a combination with therapy, has been documented to possibly facilitate a more positive result benefiting the patient/client. Medical/mental health counseling and patient education have historically demonstrated the increased potential to provide assistance and may promote improvement in the patient's outcome, particularly with depression, anxiety, and other known disorders. Prevention and education services can also provide much needed information and support to the patient and/or family in matters of serious illness.

Having services provided by a licensed, nationally board certified mental health counselor and patient education specialist, ensures a private, confidential environment meeting patient and client needs.

GUIDELINES FOR COUNSELING AND EDUCATIONAL SERVICES

The counseling, therapy, and educational services provided to patients or clients are derived from a variety of available resources, education, and training experiences, included, yet not limited to cognitive-behavioral, transactional analysis, REBT, reality, solution-focused, behavioral, experiential, Adlerian, and other recognized, research based methods found to be effective with a particular disorder, issue, or concern. Individual therapy/counseling, consultation, and group therapy services are provided in accordance with established, recognized guidelines or as requested by the referral resource.

Confidentiality is an important part of counseling or consulting, therefore, every effort will be made to protect the client's information unless a duty to warn situation arises. Collaboration with the client's medical, educational, or mental health professional will be essential.

Every effort will be made to follow the *American Mental Health Counselors Association*, *National Board of Certified Counselors*, and the *State of South Carolina's Licensing Board Ethics, Standards, and Code of Law*.