

Kutztown University

## Research Commons at Kutztown University

---

PCA Board of Directors Meetings

Pennsylvania Counseling Association (PCA)

---

2-18-2005

### 2005-02-18 PCA NTP Consultants Report

Pennsylvania Counseling Association

Follow this and additional works at: <https://research.library.kutztown.edu/pcaboard>



Part of the [Counseling Commons](#)

---

#### Recommended Citation

Pennsylvania Counseling Association, "2005-02-18 PCA NTP Consultants Report" (2005). *PCA Board of Directors Meetings*. 107.

<https://research.library.kutztown.edu/pcaboard/107>

This Board or Council Document is brought to you for free and open access by the Pennsylvania Counseling Association (PCA) at Research Commons at Kutztown University. It has been accepted for inclusion in PCA Board of Directors Meetings by an authorized administrator of Research Commons at Kutztown University. For more information, please contact [czerny@kutztown.edu](mailto:czerny@kutztown.edu).

# **ABOUT NTP CONSULTANTS**

· Our goal is to provide quality outpatient drug and alcohol intakes/evaluations, counseling, education, prevention, and referrals to those that seek assistance.

## **PHILOSOPHY:**

NTP Consultants will always take a direct and didactic approach to helping those that suffer from addictions. There will be a clear plan of action provided to all clients upon their first interaction with our agency. Clients will always be encouraged to take part in creating this plan of action; however the focus must include assessing the problem, helping the client see that the substance they are abusing is the problem, and assistance with working toward complete abstinence. NTP Consultants will also uphold three core values: acknowledging the importance of empathy, a solid commitment to confidentiality, and abiding by strict codes of ethical conduct.

NTP Consultants will strive to take a complimentary role with the Twelve Step Programs, as our agency believes the philosophies behind this program will benefit the majority of clients. Our agency will also take a complimentary role with the mental health practitioners in our community. NTP Consultants will provide coherent and effective treatment techniques for those that are dually diagnosed, yet we shall not fail to make an appropriate referral when the client's problem is beyond our area of training, expertise or competence.

NTP Consultants will not approach clients as a person to "cure", in accordance with the disease concept of addiction. It will be our position that with the proper interpersonal counselor-client relationship, we may enhance motivation and help a client learn his or her desired behavior. The ultimate goal will be to discharge a client from the program when they are stable, productive, willing to be accountable for their own actions, capable of using the resources gathered through treatment, and can function clean and sober in a healthy recovery environment.

NTP Consultants is currently staffed by;

N. Theresa Peck, an Internationally Certified Addictions Counselor, who serves as Project Director and Counselor.

Ami Hooper-Knox, MS, NCC, CAC, LPC specializes in adolescent counseling. She is available to families who are in need of interventions with their children and teenagers. She is also available for prevention and educational seminars.

Donna Warren, RN provides drug testing services (on site), occupational hearing tests (audiograms) and she is a certified First Aide, AED and CPR instructor.

# **TARGET POPULATION**

**Clients will be seen on an outpatient basis if they are in need of any of the following;**

**Professional counseling due to substance abuse or dependence in the following instances;**

**there is no current physiological dependence requiring a higher level of care  
the client expresses willingness to cooperate and attend scheduled activities  
the client's biomedical or psychological conditions, if present, are sufficiently stable to permit participation in outpatient treatment**

**client lives in a sufficiently supportive psychosocial environment**

**Education regarding client's own use or client's significant other's use**

**Education pertaining to the recovery process and/or relapse prevention**

**Crisis intervention services including assessment of mental health problems, conflict resolution and referral to appropriate treatment.**

**5) Prevention Education (primarily focused on children/adolescents)**

**NTP Consultants has the right to refuse treatment to any individual who does not meet criteria for "Level 1 A/Outpatient" as outlined by the Pennsylvania Client Placement Criteria for Adults. However, in cases where more intensive levels of care are clinically indicated, NTP Consultants will provide referrals and assistance with admission elsewhere.**

**Clients referred by the criminal justice system will be accepted into treatment if they meet criteria as stated above.**

**Clients referred by any mental health provider will be accepted into treatment if they meet criteria as stated above.**

**Clients do not need to reside within any particular city, county or state, however they must provide their own transportation to and from appointments.**

**Clients will be seen regardless of age, gender, race, cultural issues, sexual identity, religious preferences or disabilities. Non-English speaking clients will not be able to be accommodated unless services via a translator can be arranged by the client.**

# AGENCY TREATMENT MODELS

NTP Consultants will provide comprehensive treatment utilizing 1) biological models; focusing on genetic & physiological processes of chemical abuse/addiction 2) Characterological models such as the twelve step philosophies; focusing on personality/attitudinal changes leading to more mature levels of functioning and 3) Social learning models; focusing on interactions between the client and their environment. When combining the above, NTP Consultants will provide a "**Recovery Model**" treatment framework; safe and supportive counseling free of moralizing and condemnation.

In conjunction with the Recovery Model, NTP Consultants will be utilizing **rational-emotive therapy**. This model of treatment will challenge client's irrational belief systems and dysfunctional self-statements...

*"According to the ABC Model of RET, negative life events we often confront are called Activating Events, or A's, and the emotions and behaviors that subsequently accompany these events are called the Consequences, or C's. People will claim that negative Activating Events in their lives (or in their pasts) actually cause their current distress. In contrast, RET holds that it is their thoughts and beliefs, or B's about Activating Events that primarily and more directly cause their disturbances."*

*--Dianne Doyle Pita, Addictions Counseling The Crossroad Publishing Company 1998*

The goal will be to change belief systems of clients so that they may change their feelings and behavior in order to live happy and productive lives.

When possible, **family therapy** will be highly encouraged as part of the treatment process; focusing on the importance of support, resolving conflicts, establishing appropriate interactions among family members, and education regarding support resources for significant others. NTP Consultants embraces a family systems view that acknowledges the mutual interaction of all family members and the evolving nature of both the disease of addiction and recovery over time within the family. When working with families, the goal of treatment will become one of moving the family toward the use of consistent but flexible rules and caring, but clear interactions with appropriate boundaries.

**Group therapy** will be offered when the caseload census allows such. NTP Consultants believes group therapy is an ideal setting for working on social relationships. Group therapy assists with denial and self-analysis through interactions with other alcoholics and addicts. Self-esteem can also improve when a counselor uses group dynamics to provide a substance abuser with a sense of strength, support and safety as the members work together to change and to accept themselves.

**"Aftercare Counseling"** will be offered as well; with education regarding the process of recovery and support (for both client and family) through the

phases of recovery. Aftercare counseling will involve relapse prevention techniques, and monitoring of compliance to an individualized "recovery plan" created within the course of treatment. 12-Step meeting attendance will be monitored as well as providing opportunity to process information obtained during 12-Step meetings. Aftercare counseling will be set up with intervals between appointments being longer each time until both counselor and client feel discharge from treatment is warranted

**Educational sessions** will be offered to those who seek further information regarding substance abuse and dependence. These sessions will be designed to benefit clients, family members, friends, significant others, as well as groups within civil/social organizations and schools.

**Treatment Plans** will be created on or before the client's second session, and will be developed *with* the client. Treatment plans will be determined by the client's individual needs. There will always be careful consideration given to the prioritizing of treatment issues.

## **FEE SCHEDULES**

Assessments.....	\$75.00
Group Therapy.....	\$30.00/hr.
Family Therapy.....	\$70.00/hr.
Educational Sessions.....	\$65.00/hr.
Individual Sessions.....	\$65.00/50 min.
Aftercare Sessions.....	\$40.00/hr.
Consulting Fees for Prevention Programs.....	\$30/hr.

Yearly EAP Contracts: Tailored to fit the needs of your company, therefore cost varies.

"Case by Case" billing for EAP Services is the same rates as above.

## **REFERRALS**

Please feel free to call to ask further questions about our procedures for management of client treatment services. We look forward to building a professional relationship with your agency and providing mutual clients with the help that they need.

**\*\*DRUG TESTING SERVICES ON SITE BEGINNING MARCH '05!\*\***