

**Adolescents**  
**Adults**  
**Elders**

**Individuals**  
**Couples**  
**Adult Families**

**Saturday and Evening**  
**Appointments**



**Melissa Owens LPC**  
**1020 SW Taylor Street #730**  
**Portland OR 97205**

**503-963-9332**

**melissaowenslpc@gmail.com**

**www.melissaowenslpc.com**

---

**Licensed Professional Counselor**

**Professional Interests / Specialties:**

I offer respectful confidential counseling to help you with the following issues:

- Brief therapy to get 'unstuck'
- Personal transformation; build on strengths to make desired changes
- Learn how to listen and be heard, love and be loved
- Strengthen communication, connections, relationships and boundaries
- Free yourself from addiction, addictive relationships, compulsive behaviors, eating disorders, compulsive sexuality, shopping, internet addiction, obsessions and ruminations
- Work through grief, loss, abuse, illness, accidents, trauma and difficult transitions
- Prevent debilitating patterns of depression, unmanageable anxiety, and rage
- Heal emotional reactivity and stop hurting yourself and those you love

I have skills in DBT, Prolonged Exposure therapy, Eye Movement Desensitization and Reprocessing (EMDR), Somatic and Ego-State therapies involving mind/body awareness using breath, movement and visualization, Kundalini Yoga therapy, and Jungian Active Imagination.

**Education:** MA Counseling Psychology with Addictions Specialty, Lewis & Clark College; Teacher Certification, University of Alaska; BA, University of California, San Diego

**Background / Experience:**

Clinical Supervisor, Addictions and Mental Health Counselor in an Adult Residential Alcohol and Drug Program, ESL Teacher and Bilingual Education Coordinator, Women's Resource Center Skills Trainer

**Professional Affiliations / Activities:**

American Mental Health Alliance Oregon (AMHA-OR Metro)  
EMDR International Association  
Oregon Counseling Association

**Wheel Chair Access: Yes**