

Melissa Owens LPC
Psychological Services and Addictions Treatment
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Philosophy and Approach:

We all get stuck at times. Sometimes the problem seems small, sometimes overwhelming, sometimes we don't know what the problem is. In a safe environment with professional help we can find greater ease with ourselves, improve our relationships, and accept the challenges of life. Whether you come to me with individual problems, with relationship problems as an individual, a couple or a family, or simply with a desire to have a better sweeter life, I will work with your strengths to help you attain your goals.

My approach is based on Developmental, Jungian, and Transpersonal psychological theories. I use Cognitive-Behavioral techniques, Dialectical Behavior Therapy (DBT), Gestalt therapy strategies, Active Imagination and exploration of dreams, Eye Movement Desensitization and Reprocessing (EMDR), and Kundalini Yoga as a therapeutic practice. I believe that awareness of mind, body, and emotions is the path to health and peace of mind. I can show you how to find this path.

I am experienced in the treatment of depression and anxiety; alcohol and drug addiction; shopping, gambling, and other process addictions; sexual and relationship addictions and dysfunctions; compulsive eating; suicidality and self-harm; childhood and adult trauma; anger management and assertive communication; and problems of self-esteem and self-efficacy. I can help you with unresolved grief and trauma that distorts relationships and prevents you from living up to your potential. I am trained in research-validated therapies to process Post Traumatic Stress Disorder (PTSD).

Formal Education and Training:

I earned a Masters Degree in Counseling Psychology with an emphasis on Addictions from Lewis & Clark College. I am EMDR II trained. I have extensive training and experience in the treatment of trauma, addictions, and relationship problems. For seven years I served as a Counselor and then as Clinical Supervisor in a women's and men's residential alcohol and drug treatment program, which gave me a depth of experience in the treatment of chemical and behavioral addictions, mental health problems that result from and lead to addictions, childhood and adult trauma, and relationship problems resulting from addiction and trauma. I trained and taught DBT extensively and practiced Edna Foa's Prolonged Exposure Therapy to relieve the distress of PTSD. Other areas of post-graduate training I have undertaken include Ericksonian hypnosis, attachment disorders of children and adults, Robert Ackerman's Adult Children of Alcoholics, Jeffrey Young's Schema Therapy for personality disorders, gender-based trauma, trauma in the military, Psychodrama, Gestalt therapy, psychopharmacology of addictions, fetal alcohol spectrum disorders, and traumatic brain injury. I complete at least 40 hours of training every 2 years to maintain my license.

Certification and Ethics:

I am a Licensed Professional Counselor in the state of Oregon. I have completed the training required for clinical supervision. I adhere to the Code of Ethics of the Oregon Board of Licensed Professional Counselors and Therapists.

Fees:

The fee for individual therapy is \$125 per 55-minute session. Please pay at the end of our session. In some cases there is a discount if you pay with cash and if there is no legal or insurance involvement. The fee for couple's therapy is \$175 per 75-minute session.

Client Rights:

As a client of a Licensed Professional Counselor you have the following rights:

- To expect that a Licensed Professional Counselor has met the minimal qualifications of training and experience required by state law;
- To examine public records maintained by the Board and to have the Board confirm credentials of a Licensed Professional Counselor;
- To obtain a copy of the Code of Ethics;
- To report complaints to the Board;
- To be informed of the cost of professional services before receiving the services;
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions:
 - 1) Reporting suspected child abuse;
 - 2) Reporting imminent danger to client or others;
 - 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies;
 - 4) Providing information concerning the Licensed Professional Counselor's case consultation or supervision;
 - 5) Defending claims brought by client against the Licensed Professional Counselor;
- To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at:

3218 Pringle Road, SE #160

Salem OR 97302-6312

Telephone: 503.378.5499