

**Adolescents
Adults
Elders**

**Individuals
Couples
Adult Families**

**Saturday and Evening
Appointments**



**Melissa Owens LPC, CADC1
1020 SW Taylor Street #730
Portland OR 97205**

503-963-9332

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
- 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, 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 Adult Residential Program, ESL Teacher and Bilingual Education Coordinator, Women's Resource Center Skills Trainer

Professional Affiliations / Activities:

American Mental Health Alliance – Oregon
EMDR International Association

Certified Alcohol and Drug Counselor

Wheel Chair Access: Yes