

Anna Schaum, LPC, CP
Licensed Professional Counselor
Psychodramatist

909 N. Beech St. #201
Portland, OR 97227
503-740-6653

www.DramaticChanges.com

Welcome! I hope that our work helps you to find more understanding, satisfaction, and fulfillment in your life. Please read the following important information about my services and policies.

I invite and encourage you to ask questions or express concerns you may have at any point.

Philosophy and Approach: I believe that many of life's challenges stem from unfinished business and/or unmet needs. I also believe that many of the symptoms and difficulties one encounters can act as signposts, providing rich information and clues to one's purpose and direction, and great opportunities for growth. While counseling often leads to an improvement in overall well being and fulfillment, at times you may feel worse before you feel better as your concerns are brought to light and old feelings surface.

Education and Training: Masters Degree in Counseling Psychology with Emphasis in Depth Psychology from the Pacifica Graduate Institute; Bachelor of Music Performance from the New England Conservatory, Boston. Certified Practitioner of Psychodrama and Group Psychotherapy, a form of group therapy using drama therapeutically. I have also received formal training in Gestalt Therapy, dream analysis, art therapy, music centered psychotherapy, and energy awareness. As a state licensee, I am required by law to receive 40 hours of continuing education, including 6 hours of ethics training, every two years, and to adhere to the Oregon Licensing Board's Code of Ethics set forth in OAR Chapter 833, Division 60.

Scheduling and Fees:

Payment is due at the time of your session by check, cash, or PayPal.

Fee range: Self pay discounted fee range is \$95 -120 per 60 minute session, based on shared gross household income (what you and anyone with whom you share money earn before taxes).

Insurance: You may be eligible to be reimbursed for my services by your medical insurance company. I do not bill insurance companies directly but will provide necessary receipts for you upon request. Sessions covered in part or in full by insurance are billed at full fee, \$130 per 60 minute session.

Scheduling: For individual counseling, weekly sessions provide the consistency needed to best support your counseling goals. Ideally we find a regular appointment time that belongs to you. If your schedule or circumstances require a different arrangement I will do my best to find a flexible solution that meets your needs.

Cancellations: I require **24 hours notice** in the event you need to cancel or reschedule your appointment. PLEASE MAKE LATE CANCELLATIONS BY PHONE to 503-740-6653, as I may not receive day-of e mail. A \$95 fee will be charged for late cancellations or no-shows. An exception may be made for emergencies or sudden illness.

Contact and Emergency: If you would like to reach me between regularly scheduled sessions, please leave a message at 503-740-6653. Routine calls are complimentary (e.g. scheduling). Phone consultation over 5 minutes is billed in 15 minute prorated increments. **I do not provide check ins by e mail unless specific, individual arrangements have been made.**

Emergency:

If you have a mental health emergency please call one of the following numbers first and inform me as soon thereafter as possible:

Multnomah County Crisis Line: 503-988-4888

Portland Women's Crisis Line: 503-235-5333

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