




# HEATHER MCPAUL

MS, LPC, GC-C, ACS

## CONTACT ME AT

 Symmetry of Self  
Counseling Center  
1167 Mantua Pike  
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 heather@symmetryofself.com

 www.symmetryofself.com

## AREAS OF EXPERTISE

- Clinical mental health counseling for adults (25 & up)
- Veterans and first responders
- Childhood trauma abuse and neglect
- Survivors of sexual assault
- Complicated grief
- Combat trauma

## CLINICAL APPROACHES

- Internal Family Systems (IFS)
- Integrative/Holistic care
- Trauma-Informed Expressive Arts Therapy - Level 2
- FOAT (Focus Oriented Art Therapy) - Level 1
- EMDR (Eye Movement Desensitization and Reprocessing) Therapy

## PROFESSIONAL DISCLOSURE STATEMENT

### MY ROLE

Thank you for choosing me as your clinical supervisor. My role is to support and guide you through your hours of licensure and help you to become a competent and effective counselor. Here, I will outline how I work and what my goals are for our time together.

### QUALIFICATIONS

#### Walden University Graduate

Graduated 2015

Masters of Science in Clinical Mental Health Counseling  
Concentration in Trauma and Crisis

#### Licensed Professional Counselor New Jersey

Obtained 2019

LIC#: 37PC00661600

#### Licensed Professional Counselor Pennsylvania

Obtained 2020

LIC#: PC012833

#### Certified Grief Counselor

Obtained 2019

The American Academy of Grief Counseling  
ID#: AH6629

#### Certified EMDR Therapist

Obtained 2020

EMDR International Association  
ID#: 60616017

#### Approved Clinical Supervisor

Obtained 2022

Center for Credentialing and Education  
ID#: ACS-4232