




HEATHER MCPAUL

MS, LPC, GC-C, ACS, CMNCS

CONTACT ME AT

 Symmetry of Self
Counseling Center
1007 Mantua Pike Suite 105
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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
- Mental health & nutrition

CLINICAL APPROACHES

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

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

Master 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

Licensed Mental Health Counselor, Florida

Obtained 2026

Provider#: TPMC7628

Certified Grief Counselor

Obtained 2019

The American Academy of Grief Counseling

ID#: AH6629

Trained EMDR Therapist

Since 2019

EMDR International Association

Approved Clinical Supervisor

Obtained 2022

Center for Credentialing and Education

ID#: ACS-4232

Certified Mental Health & Nutrition Clinical Specialist

Obtained 2026

Evergreen Certifications

ID#: 980485