




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