



HEATHER MCPAUL

 LPC, NCC, GC-C, ACS

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

Nationally Certified Counselor

Obtained 2015

National Board For Certified Counselors

ID#: 685149

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

CONTACT ME AT

 Symmetry of Self
Counseling Center
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West Deptford, NJ 08051

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 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

CLINICAL APPROACHES

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