

Anna Schaum, LPC, PAT
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, unmet needs, and a lack of focus on practical yet creative problem solving. 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 and coaching often lead to improvement in overall well being, success, and fulfillment, at times you may feel worse before you feel better as concerns are brought to light and true 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: Please see the fee schedule for full details on fees.

Payment is due at the time of your session by check, cash, credit or debit card.

Fee range: Regular fee for per 60 minute session is \$130. A discounted fee range is available when no third party insurance is involved in payment for services.

Insurance: You may be eligible to be reimbursed for my services by your medical insurance.

I do not bill insurance companies directly but will provide necessary receipts for you upon request.

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 or TEXT to 503-740-6653. A \$100 fee will be charged for late cancellations or no-shows. A one time exception may be made for emergencies or sudden illness, however in order for me to keep a healthy practice you can depend on, it is necessary for us both to make every attempt to honor our scheduling contract.

Contact and Emergency: If you would like to reach me between regularly scheduled sessions, please send an email or leave a voice message at 503-740-6653. Routine scheduling calls and e mails are complimentary. Phone consultation regarding counseling or coaching matters are charged at 15 minute prorated increments. Please do not communicate sensitive therapy or coaching information to me via email or text.

Emergency:

If you experience a mental health emergency please call one of the following and inform me as soon as possible:

Multnomah County Crisis Line: 503-988-4888

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

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