

Disclosure Statement & Fees

Travis Howells, Licensed Professional Counselor
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Education and Professional Experience:

I earned my Master of Science degree in Clinical Psychology in 2015 at the University of Alaska Anchorage.

I want to help people live the life they want to live. I have experience with a variety of clients in both age, national origin, ethnicity, religious beliefs, and sexual orientation. I work with people experiencing a variety of issues ranging from mental health (depression, anxiety, trauma, etc.) to everyday issues like transitions in school or work. I work with individuals from high-school age (or mature eighth graders) and up.

Approach to counseling and therapeutic interventions

My approach is generally something called Cognitive-Behavioral Therapy, but I use other strategies to meet clients' various need. I have education in specific interventions that include: Trauma-Focused CBT, Motivational Interviewing, Acceptance and Commitment Therapy, and behavioral interventions. My services include assessment, individual psychotherapy, and family therapy.

Fee Schedule

\$215.00 diagnostic interview assessment for new clients
\$150.00 for 45-60 minute session for individual or family psychotherapy
\$225.00 for 80 minute session for individual or family psychotherapy
\$75.00 for 25 minute session or individual or family psychotherapy
\$150 .00 per hour of interpretation or explanation of results of assessment, evaluations, or other data to family or responsible persons, or advising how to assist the client.

I am Licensed by the Alaska Board of Professional Counselors. You may contact the board at:
Board of Professional Counselors
Division of Corporations, Business and Professional Licensing
PO Box 110806
Juneau, AK, 99811-0806
(907) 465-2551