

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 85 minute for individual or family session (100% insurance coverage may not apply)

\$75.00 for 25 minute session of 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.

Self pay clients can take advantage of a 20% discount!

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