

Tom McCabe, MA, LPC

Counseling for adults and mature teens

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Welcome to Counseling

Services

I offer individual and couple/marriage counseling to help adults and mature teens (at least 16 years old) with life challenges such as anxiety, depression, anger, grief, school, career development, or relationships. I especially enjoy helping people appreciate their strengths and find joy in their lives. Counseling is not just about solving problems, it's also about enhancing life skills and satisfaction.

Fees

I charge \$180 per session of individual counseling in my office, by phone, or videoconference. I schedule two hours for each session of couple counseling, for which I charge \$300. I require that each partner of a couple meet individually with me one time before meeting as a couple and I charge \$180 for each of those individual sessions. I accept cash, check, and credit card and expect full payment at the time of service. I can provide a medical invoice ("superbill") for you to give to your insurance plan for reimbursement; you are responsible for all claim submissions necessary for reimbursement. If you are concerned about the cost of counseling, please talk about it with me.

Building a Helping Relationship

Before meeting for a first counseling appointment, we speak on the phone for a few minutes to confirm that your goals are a good fit for my skills and style. If it is clear that your goals are outside my expertise, I will do my best to suggest another caring professional to help you. If it seems we might be a good fit for counseling together, we schedule an introductory counseling session. At this first session we will discuss your privacy, payment, your counseling goals, related health issues, and any questions you have about counseling. At the end of our first appointment we decide together if we will continue as client/counselor or if we will seek other services for you instead.

Counseling Qualifications

I earned a Master's Degree in Counseling Psychology in 2010 from Prescott College and have group, couple and individual counseling experience with adults and teens, as well as crisis response training. I am licensed by the State of Alaska as a professional counselor (license # 865). I'm happy to discuss any questions you have about my work or how you or your teen can benefit from counseling—feel free to call me at 907-209-6336.



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This information is required by the Board of Professional Counselors, which regulates all licensed professional counselors.

Board of Professional Counselors
Division of Corporations, Business & Professional Licensing
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