Jennifer Paras, LMHC

Jenny Cares Counseling, PLLC

344 Cleveland Ave SE Suite A

Tumwater, WA 98501

**Education and Experience**

Bachelors of Arts from Saint Martin’s University

Masters of Arts from Chapman University

Credential number: LH 60866217

**Professional Practice and Orientation**

I have five years’ experience working with adults for individual therapy, group counseling, and providing brief therapy and psychoeducation to couples. I also have two years’ experience working with children in an outpatient and home settings. I have worked in social work for three years for the aging and disabled. My theoretic orientations are cognitive behavioral therapy, cognitive processing therapy, mindfulness, solution-focused therapy, and accelerated resolution therapy.

**Fees, Cancellations Policies and Emergencies**

I have a private biller who takes care of my billing. Please provide insurance information to me before your first visit. Your payment is due at the time of service.

We accept cash, check, Visa and MasterCard. Any returned checks are subject to a $30 service fee. Any returned check or payment due must be resolved before any future appointments can be arranged.

My rate for those paying full fee (i.e. no mental health insurance coverage) is currently $175 for initial 60 min. assessment and $150 for each 50-minute session thereafter.

If for some reason, you do not come to the scheduled session, I request you either cancel at least 24 hours in advance or pay a missed session of a full fee. Insurance cannot be billed for missed sessions. However, I will not charge you for sessions missed due to an emergency such as death or emergency room visit. You can leave a Voicemail message on the Jenny Cares Counseling phone line and I will return your call within one business day. If you need assistance after hours, you can call the Pierce County Crisis line at 1-800-576-7764. If it is an emergency, please dial 911 or go to the nearest emergency room.

