**Low Cost Counselor List**

The following list includes counselors who have approached PSU faculty and have asked to be included on this list. They have provided an assurance that they will offer Intro to Counseling students a significant discount off of their regular rates and can accommodate students quickly. They understand that you will be approaching them as part of a course assignment and they hope to help you fulfill the requirements. Please let them know you are an Intro student when you contact them. They also hope for your ongoing business and word-of-mouth referrals if you appreciate their work or think they may be a good match for someone you know.

PSU and the Counselor Education Department are familiar with these counselors and most are graduates of our program. However, the department holds no liability or responsibility if you do not enjoy or receive benefit from these services.

**Bina Benight, Professional Counselor Associate, NCC**

Benight Counseling

Telehealth only

503-343-4779, bina@benightcounseling.com

https://benightcounseling.clientsecure.me/

* Specialty and Interest Areas: Life transitions, identity exploration, anxiety & depression, parenting challenges
* Discounted Rates: $40 for up to 15 sessions, negotiable sliding scale (up to $100) following those sessions
* Insurance: Not accepted at this time

**Kerry Headley, Professional Counselor Associate, NCC, CRC**

Full Story Counseling

400 SE 103rd Dr. #33174 Portland, OR 97216 - entirely virtual practice

503-512-9738, kerry@fullstorycounseling.com

<https://fullstorycounseling.com/>

* Specialty and Interest Areas: Life transitions, spiritual trauma/abuse, disability/chronic health concerns
* Discounted Rates: $40 per session
* Insurance: Not accepted at this time

**Wendy Micheau, MS, Professional Counselor Associate**

Birdsong Counseling & Consulting

Telehealth only

503-784-1706, wendy@birdsongcc.com

<https://birdsongcc.com/>

* Specialty and Interest Areas: Life transitions, anxiety, depression
* Discounted Rates: Normal rate is $120 per 50 minute session. Offering four sessions at $40 per 50 minute session. Sliding scale options potentially available once four sessions have been completed.
* Insurance: Not accepted at this time

**Terra Midgett, Professional Counselor Associate, NCC**

Yellow Door Counseling

1906 SW Madison St. Portland, OR 97205

503-902-1157, terra@yellowdoorcounseling.com

<https://www.yellowdoorcounseling.com>

* Specialty and Interest Areas: Life transitions, Grief and loss, Self-growth, Self esteem, Chronic illness and pain.
* Discounted Rates: $40 per session for 30 sessions. Usual rate is 90$ per session, though sliding scale options are available after 30 sessions have been completed.
* Insurance: Not accepted at this time

**William Venturelli, MS, LPC**

Atma Counseling Services, LLC

1017 SW Morrison St. Suite 218, Portland, OR 97205

503-915-3620, atmacounseling@gmail.com

atmacounseling.com

* Specialty and Interest Areas: anxiety, depression, life transitions, bilingual (English and Spanish)
* Discounted Rates: $40 per session for the duration of the term, prices negotiable after that
* Insurance: Not accepted at this time

**Danae Merrill, MS, Professional Counselor Associate, CRC**

Grounded Roots Counseling

827 NE Alberta Street, Portland, OR 97211

(541) 801-3803, danae@groundedrootspdx.com

* Specialty and Interest Areas: Adjustment to chronic illness/disability, life transitions, racial identity development
* Discounted rate: $40 for three sessions, $90 per session after three sessions
* Insurance: None accepted at this time

**Lena-Liis Kiesel, MS, CADCI, NCC**

1012 SW King Avenue, Suite 206 Portland OR 97205

503-953-4765, lena\_liis@yahoo.com

[lenaliiskiesel.vpweb.com](http://lenaliiskiesel.vpweb.com/)

* Specialty and Interest Areas: Substance abuse, anxiety, depression, major life changes
* Discounted Rates: $40 per session for an unlimited number of sessions
* Insurance: Not accepted at this time

**Lucy Sherman, MS, CRC, NCC, Professional Counselor Associate**

Perceptivecounselingpdx.com

325 NW 21st. Ave, Portland, OR

(971) 200-5481, lucy@perceptivecounselingpdx.com

* Specialty and Interest Areas: Trauma, self-esteem, Anxiety, Life transitions, Chronic illness, and disability
* Practice Approaches: EMDR, compassion-focused therapy, attachment-focused therapy, Existential-Humanistic, Mindfulness-based approaches
* Discounted rate: $40 for three sessions, discussion about sustainable fee thereafter
* Insurance: None accepted at this time

**Aaron Good, MS, CRC, LPC**

Trailhead Counseling, LLC

1906 SW Madison St, Suite 301, Portland, OR 97205

503-997-1886, aaron@trailheadcounseling.net

* Specialty and Interest Areas: career counseling, life transitions, depression, anxiety, identity, and self-esteem
* Discounted Rates: $40 per session for three sessions, for seven more sessions sliding scale depending on income + assets, then full fee of $110 per session.
* Insurance: Not accepted at this time

**Emily Fagan, MS, NCC, Professional Counselor Associate**

7415 N Oatman Ave Portland, OR 97217

503-893-9684, emilyfagancounseling@gmail.com

* Discounted Rates: $40 per session, no ceiling on number of sessions at this rate
* Insurance: Not accepted at this time

**Libby Schwartz, MS, NCC, Professional Counselor Associate**

Libby Schwartz Counseling

5200 SW Macadam Ave, Suite 320

503 224-0658

* Specialty and Interest Areas: Older adults, "sandwich" generation, grief and loss, professionals
* Discounted Rates: $40 per session for up to ten sessions, then $50 per session thereafter while still in school
* Insurance: Not accepted at this time

**Christopher G. Marquardt, MS, MAT, NCC, Professional Counselor Associate**

cgm counseling

2304 E. Burnside, Suite 3, Portland, OR 97214

971-270-0792, christopher@cgmcounseling.com, www.cgmcounseling.com

* Specialty and Interest Areas: Wellness and growth counseling, behavioral and relational issues, substance and addiction issues, depression, men’s issues, and spirituality
* Discounted Rates: $40 per session for four sessions, then $60 thereafter
* Insurance: Not accepted at this time

**Non-profit clinics that provide discounted counseling include:**

**PSU Community Counseling Clinic**

\*\*\*Students may seek services at the PSU Community Counseling Clinic if they have not been accepted to the counseling program already. A commitment of five sessions is appreciated\*\*\*

Rates: $15/session (discounted fee available upon request)

No limit to the number of sessions.

503-725-4620

**William Temple House**

503-226-3021

**Northwest Catholic Counseling Center**

503-253-0964