**Paula M. Rao**

Graduate Student Counselor

Master of Arts in Counseling at Wake Forest University

Site Supervisor: Stephanie Legendre, MA, LPC-S, RPT

**Background**

My goal is to support and empower people to live optimally and achieve wellness, growth, and individual goals.  I enjoy working with clients from diverse and multicultural backgrounds. I believe that counseling is a dynamic and holistic process, and my role as a counselor is to promote respect, unconditional positive regard, empathy, and congruence in every counseling setting.

I provide low-cost counseling options to clients in English, Hindi, and Bengali. I am currently working on my graduate degree in Clinical Mental Health Counseling from Wake Forest University. As a master’s level counselor in training, I work under the supervision of (Stephanie Legendre), which means you will receive the best possible care.

**Areas of Interest**

My areas of interest include Multicultural Counseling, Self-esteem issues, Relationship and Marriage Counseling, Mindfulness-Based Stress Reduction, Abuse and Trauma Interventions, Addictions, Mood Disorders, and LGBT Issues.

**Approach and Orientation**

I approach counseling from a holistic perspective, which integrates several aspects of the mind and body connection to wellness. My approach to counseling is collaborative and integrative, which takes into consideration the client’s presenting concern, circumstances, and also the individual and culture-specific factors that affect psychological well-being. I enjoy working with people from diverse backgrounds utilizing approaches such as person-centered, cognitive behavioral, solution focused, psychoanalytical, mindfulness approach, relational-cultural therapy, feminist approach, and existential approach.

**Population Served**

I serve adolescents, couples, families, and children.

**Expected Outcomes**

Although, counseling sessions are expected to yield benefits, however, the benefits are not guaranteed. As a counselor, my role is to provide structure and support, and it is the client’s responsibility to show initiative and work towards set goals. Please note that things may appear to get worse before they get better.

**Legal Fees**

At West Houston Counseling (WHCC) we schedule our sessions based on availability and the client’s needs. My sessions usually run 50-60 minutes. WHCC changes a fee of $30 for my services. I do not provide legal and disability input consultation.

**Confidentiality**

Confidentiality is of utmost importance in counseling and client information is protected at all times. Exceptions to confidentiality include: a) clear and imminent danger to self (client) and others; b) Evidence of abuse, neglect or exploitation of a child, elderly, or disabled person; c) sexual contact with another mental health professional; d) court order or subpoena; e) client requested release of information; f) If the counselor is legally required to disclose information.

Please note: if we see you in public we protect your confidentiality by only acknowledging you if you approach us first.

**Supervisors**

As a graduate level student in counseling certain aspects of your case may be disclosed to my supervisors so that you receive the best care. My supervisors may request to view or listen to recordings of your session during supervision. The supervisors adhere to the same codes of confidentiality mentioned above.

Your signature below indicates you understand and agree to the terms, structure, and conditions of counseling described above.

Site Supervisor Signature

……………………………………………… Date:

Counselor Intern Signature:

……………………………………………… Date:

Overview of Complaint Procedure

In the event of a formal complaint, we will attempt to resolve the complaint directly with the client and the counselor or the counselor’s supervisor. My supervisor can be reached at 281-940-8582.   
For detailed information, please visit: www.West Houston Counseling.com.   
Mailed complaints can be addressed to:   
West Houston Counseling Center  
707S. Fry Road, Suite 465  
Katy, TX 77450