



# Headwaters

## Wellness & Counseling

**HEADWATERS WELLNESS AND COUNSELING LLC**  
250 Cushman Street, Suite 4J | Fairbanks, AK | 99701  
(907)456-2256 FAX (907)456-2260

### **DISCLOSURE STATEMENT**

Headwaters Wellness and Counseling offers professional counseling services for individuals, couples and family. Group counseling is also offered, as is parent coaching, and special psychoeducational workshop groups.

#### **The owners and operators of Headwaters are:**

Liz Pawelko, MA, LPC  
MA Community Psychology  
University of Alaska Fairbanks

Laura Volmert, MA  
MA Psychology  
Naropa University

#### **Areas of specialization and services available:**

Assessment and treatment of anxiety, depressive and mood disorders; personality and attachment disorders; trauma, eating disorders, chronic pain; pre and post-natal support; parenting classes/coaching; custody investigations; risk and substance abuse evaluations.

#### **Fee schedule listed by type of service or hourly rate:**

Comprehensive mental health assessments	\$500
Substance abuse assessments	150
50 minute individual, couples, or family counseling	125
75 minute individual, couples, or family counseling	175
90 minute group counseling	50
90 minute group special topic workshops	30
Parental coaching—individual	50
Parental coaching—group	30

#### **Professional Disclosure Statement**

Per 12 AAC 62.930, in the event that the Headwaters Wellness and Counseling treatment programs are discussed with other professionals, all clients' confidential will be maintained; and the name and the identify of all clients will be disclosed only in compliance with AS 08.29.200.

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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