

Adults
Adolescents

Individuals
Couples
Families
Groups
Clinical Supervision



Marc Hess, LCSW
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Licensed Clinical Social Worker

Professional Interests / Specialties:

I welcome my clients and help create an atmosphere of acceptance, safety, and honesty. I support setting clear, attainable goals, utilizing creativity, personal strengths and courage to overcome obstacles.

- **Individual Counseling** for anxiety, depression, stress, panic
- **Couples Counseling** – moving from an emotionally disengaged or adversarial relationship to seeing your partner as a collaborator and confidante.
- **Anger Management and Domestic Violence Interventions and Assessment**
- **Group Counseling for Men’s Issues**
- **EMDR** – for resolution of self-limiting beliefs and suffering resulting from trauma.

Education:

B.A., Psychology, 1972, Temple University; M.S.W., 1995, Portland State University.

Background / Experience:

32 years work in social services. 1995-2005, created and directed the Multnomah County Family Treatment and Violence Intervention Program. Extensive experience supervising interns and candidates for licensing in social work and counseling. 17 years teaching Aikido with Mind and Body Coordination: relaxation, concentration, meditation, leadership for adults and children (4th Degree Black Belt). Level II EMDR Certification. Private practice since 1998.

Professional Affiliations / Activities:

National Association of Social Workers
American Mental Health Alliance – Oregon, Board of Directors
Multnomah County Family Violence Coordinating Council

Wheel Chair Access: Yes