

# Stephen S. Meharg, Ph.D., B.C.F.E.



*“Many people tell me that my warm, professional, and solution-oriented approach offers them an opportunity to comfortably explore their concerns, and learn practical skills they need to improve the quality of their lives.”*

## ***Compassionate Care With the Highest Qualifications***

Constant learning is the key to helping others deal with the challenges of life. I am committed to learning as much as possible about human behavior and emotional problems to best serve my clients.

- ❖ Licensed Psychologist, State of Washington
- ❖ Post-Doctoral Residency at Evergreen Psychological Services
- ❖ Pre-Doctoral Internship at Portland VA Medical Center
- ❖ Ph.D., Fuller Graduate School of Psychology
- ❖ M.A., Theology: Fuller Theological Seminary
- ❖ B.S., Psychology: Washington State University
- ❖ Board Certified Forensic Examiner
- ❖ Consulting Psychologist, St John Medical Center
- ❖ Clinical Supervisor, Lay Counseling Center of Longview Community Church

## ***Involvement in My Profession***

- ❖ American Psychological Association
- ❖ American Academy of Neurology
- ❖ Washington State Psychological Association
- ❖ International Neuropsychological Society
- ❖ National Academy of Neuropsychology
- ❖ Pacific Northwest Neuropsychological Society
- ❖ North American Brain Injury Society
- ❖ Diplomate, American College of Forensic Examiners

## ***Teaching and Public Speaking***

The science and profession of psychology has much to offer. I enjoy sharing this knowledge through teaching and speaking, allowing me to connect with people whom I might not otherwise see in my office. I am often asked to speak to public and private groups on a variety of topics. I have also published many articles in professional journals, and have served on the faculties of George Fox College and Lower Columbia College.

# Questions & Answers About Dr. Meharg



## What is a Clinical Psychologist?

There are many types of mental health professionals, including psychologists, psychiatrists, counselors, and social workers. We all have basic knowledge and skills in common, and most offer counseling services. Psychologists are scientists who study human behavior, thinking, and emotions. *Clinical* psychologists apply this knowledge to treat human problems. As a clinical psychologist, I differ from psychiatrists in that my training is exclusively in mental health and not medicine. I am trained to perform psychological evaluations, administer and interpret psychological tests, accurately diagnose mental disorders, and to provide high-quality counseling services. Psychologists do not prescribe medication, but often work closely with medical professionals in identifying the need for medicine, selecting the appropriate type and dosage, and evaluating medication effects.

In addition to general adult counseling, my specialties include childhood behavior disorders, and evaluations of how medical problems are affecting emotions, behaviors, and mental abilities. My areas of specialty also include **Neuropsychology**. A neuropsychologist is usually a clinical psychologist with special training and experience working with persons with brain-related medical problems such as memory loss, brain damage, head injuries, strokes, and dementia. Neuropsychologists often use special tests of mental functioning to help diagnose brain disorders, plan rehabilitation programs, and help people and their families cope with their medical problems.

## What Kind of Therapy Do You Use?

I have training and experience in most standard forms of therapy. Since therapy is a joint enterprise, I prefer to select a type of therapy that is best suited to your goals and style. With adults and older adolescents, I do mostly face-to-face talking about feelings, thoughts, and experiences. I help people understand themselves, develop ideas about what they would like to change, develop the skills to meet these goals, and plan interventions to help them take action. I may use psychological tests to help us better understand your situation and to help track progress over time. With children, I use methods of changing problem behaviors, parenting skills training, and certain forms of play therapy when appropriate. I often use specially designed games with children to help develop awareness about feelings, self-control, anger management, and social skills.



## Fees

My fees are consistent with governmental guidelines suggested by the Health Care Financing Administration (HCFA), reimbursement schedules of most insurance companies, and with those charged by other local psychologists. My contract with individual insurance companies may require me work within their fee structure. Charges may be adjusted to account for these differences.

Service	Description	Fee
• Initial Diagnostic Interview	Our initial visit, including setting up an account, filling out insurance papers and treatment plans, and any initial diagnostic testing.	\$160.00
• Individual Psychotherapy	45-50 minute individual counseling session.	\$130.00
• Conjoint Psychotherapy	45-50 minute couple or family counseling session.	\$130.00
• Psychological/Neuropsychological Testing	Administration, scoring, and interpreting psychological tests. The fee for report writing is typically included in this fee.	\$130/hour
• Forensic diagnostic interviewing, testing, records review, and scientific literature review research.	Any service provided for legal purposes for use in a court setting. Court testimony is billed at \$200/hour.	\$175/hour

Note: Dr. Meharg is a credentialed, independent mental health professional and fully and individually responsible for the care and services he provides. You should consider yourself a private patient of Dr. Meharg, not of Northwest Psychological Resources, LLC, or any other clinician affiliated with NWPR..