

**OVER THE RAINBOW PSYCHOTHERAPY, PLLC  
CYNTHIA "DENISE" PORTER, LPC-S  
4200 N 23rd St. Suite B  
MCALLEN, TX 78504  
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Dear Patient:

WELCOME TO OVER THE RAINBOW COUNSELING!

This letter serves to introduce myself, Cynthia "Denise" Porter, as your therapist. In choosing a mental health care professional, you want to ensure that that person has the training and experience to get results for you.

I am a Licensed Professional Counselor (LPC) and have 20 years of experience in the behavioral healthcare field. Before going into private practice, I served as Clinical Director for two community mental health care clinics that dealt with a broad spectrum of emotional disorders and chemical dependency. I am a Licensed Supervisor for mental health clinicians interning for state licensure and am also a Licensed Continuing Education Provider.

I am experienced with the emotional problems that occur in adults, adolescents and children. I have specialized training with family therapy, addictions, trauma of all types (including domestic violence, sexual abuse and assault and victims of crime) and depression and anxiety. I have been trained in a number of therapeutic methods including the newer neural reprocessing therapies that come from advancements in the field of neuroscience.

I believe in providing goal-directed treatment. This means that a goal or several goals are established after a thorough assessment. All treatment is then planned with the goal in mind and progress is made toward the goal in a time-efficient manner.

I take a collaborative and supportive stance in my approach to therapy and my patients tell me that I am comfortable to be with and easy to talk to.

Again, welcome to my practice and I promise to provide you with the best of care.

Sincerely,

Denise Porter