

## PACKAGE FEES:

Career Exploration Package	\$1,000
Career Coaching for Success Package	\$1,000
Resume and LinkedIn Package	\$800
High School Student Career Exploration Package	\$600
Supplementary Sessions	\$175

## A la CARTE FEES:

Initial 15-minute Consultation	Free
Individual Session (50 minutes)	\$250
Career Profile Report	\$200
Assessment Fees	Vary

*If mental health issues become an areas of focus, you may discuss with your counselor whether using health insurance benefits for future sessions makes sense.*



**MARIA E. PALAMARA**  
LPC, NCC, CCC

Maria is a Licensed Professional Counselor, National Certified Counselor, and Certified Career Counselor at Therapy Resources of Morris County, LLC. She earned a Master's degree in Clinical Mental Health Counseling from Montclair University in 2017. With a specialty in career counseling, Maria is also qualified to treat many mental illnesses and adjustment disorders. In addition to her counseling expertise, Maria brings many years of work experience in business leadership and technical roles for global corporations to inform her career practice, as well as personal understanding of the challenges of raising children while working full-time outside of the home.

*Are you ready to explore your paths?*

Maria E. Palamara LPC, NCC, CCC  
P: (973) 479-1430  
mpalamara@therapyresourcesmc.com  
[www.linkedin.com/in/maria-palamara-therapist](http://www.linkedin.com/in/maria-palamara-therapist)



Therapy Resources  
of Morris County



## Career Counseling Services



Therapy Resources of Morris County LLC  
25 Lindsley Drive, Morristown, NJ 07960  
P: (973) 998-7900 | F: (973) 998-7910  
info@therapyresourcesmc.com  
therapyresourcesmc.com

## CAREER COUNSELING PACKAGES

Career counseling packages are designed to address career concerns you may have identified and wish to address. Depending on your life stage and goals for counseling, typical engagements vary in length. In general, early sessions will focus on getting to know you, your job likes and dislikes, your strengths and areas for development, and how your family history factors into your career direction. Using this information, you will work with your counselor to identify your short- and long-term goals as well as strategies and tactics to accomplish them.

Packages (excluding *Resume and LinkedIn Package*) include assessment tools, which may include a career interest inventory, work values inventory, personal values inventory, and personality assessment. At the conclusion of our engagement, you will receive a comprehensive report summarizing the engagement.

Often career concerns are accompanied by behavioral health issues. By working with a Licensed Professional Counselor (versus a career or life coach), you gain the additional benefit of extensive education and supervised practice in mental health that a licensed counselor brings. If these become an area of focus in meeting your career goals, you won't have to start over with another counselor to fully meet your needs.



## CAREER COACHING FOR SUCCESS PACKAGE

*Are you struggling with burnout? Want to improve your success in your current company or role?*

This package includes five 50-minute sessions and a career profile report, and is best suited for...

- Mid-career professionals looking to gain a clearer picture of their definition of success in life and career
- Workers who want to develop skills to better manage challenging relationships with peers, employees or managers
- Professionals interested in identifying and eliminating barriers to advancement in their careers or achieving better work-life balance

## RESUME AND LINKEDIN PACKAGE

*Are you looking to optimize your resume and/or LinkedIn profile to your target career?*

This package includes four 50-minute sessions and will focus on...

- Developing a core resume and LinkedIn profile that best represents your skills and experience towards your current employment goals
- Understanding how to effectively customize your resume when applying to specific jobs
- Three JobScan scans to assist in resume customization
- Exploration of networking strategies to land your dream job

## CAREER EXPLORATION PACKAGE

*Do you want to investigate other career options you didn't know about or consider in the past? Are you feeling burnt out or want to earn more to meet your life goals?*

This package includes five 50-minute sessions and a career profile report, and is best suited for...

- clients unsure of their career directions
- college students unsure of their major
- adults dissatisfied with their current roles

## HIGH SCHOOL STUDENT CAREER EXPLORATION PACKAGE

*Is college the right decision? And if it is, what type of major direction is best to get started? Or is trade school or apprenticeship a better idea?*

This package includes three 50-minute sessions and a career profile report, and is best suited for...

- high school students unsure about what to do with education after graduation
- Students who want to identify actions to take now that will best prepare them for their desired path after high school

Maria E. Palamara LPC, NCC, CCC

P: (973) 479-1430

mpalamara@therapyresourcesmc.com

[www.linkedin.com/in/maria-palamara-therapist](http://www.linkedin.com/in/maria-palamara-therapist)

Therapy Resources of Morris County LLC

25 Lindsley Drive, Morristown, NJ 07960

P: (973) 998-7900 | F: (973) 998-7910

[info@therapyresourcesmc.com](mailto:info@therapyresourcesmc.com)

[therapyresourcesmc.com](http://therapyresourcesmc.com)