

SENIOR CLINICAL INTERN STATEMENT



VICKY HOOI, MA, LMFT-T (Iowa)

Almost everyone has experienced feeling stuck in a situation: arguing with a partner for the 20th time over the same issue; feeling overwhelmed by everything that is going on in life; or struggling with that inner critique that keeps saying, “you are not good enough!” In these situations, we can feel like it is impossible to move on or to create change. Sometimes, making a shift may seem like a good idea, but when we start to work towards change, it suddenly feels scary and overwhelming.

My role as a therapist is to empower you to find strength within yourself and to walk with you through your journey of change. I will meet you where you are and provide a safe, non-judgmental environment for you to explore your thoughts and feelings -- to discuss *any* topic that you need help with. I believe that ultimately *you* are the expert of your own life, and that you have the resources within and around you to cope with different life stressors.

I have a master’s degree in Marriage and Family Therapy from *Mount Mercy University*, Iowa, and I received my US-temporary license in Marriage and Family Therapy from the state of Iowa (Iowa license no: 082958). I have experience helping couples and families with relationship conflict, parents who struggled with children’s behaviours, children who had been abused or bullied, adolescents who struggled to cope with school performance and family relations, and individuals with a variety of concerns, such as anxiety, depression, eating disorders, self-harm, and sexual issues. I combine several approaches in my work including but not limited to Solution Focused, Gottman Method, Internal Family System, Cognitive Behavioural Therapy, and Eye Movement Desensitization and Reprocessing Therapy (EMDR). I currently receive direct clinical supervision from Dr. Johnben Loy, founder and clinical director of *Rekindle Therapy* and AAMFT Approved Clinical Supervisor, which allows me to gather hours towards obtaining a full MFT license in Iowa. From time to time, I may also receive consultation from the clinical team at Rekindle Therapy on group case consultations.

I am also pursuing my second master in counselling at *Open University Malaysia* for the purposes of receiving a Malaysian license in professional counselling. When I am not working with clients or going to school, I enjoy swimming, spin class, and going on trips with friends and family.

Therapy Fees

The fee structure is **RM100 (for 50min)**, **RM150 (for 75min)**, **RM200 (for 100min)**, or **RM2/min** pro-rated. The first intake session is either 75 minutes (for individuals) or 100 minutes (for couples/families). Subsequent sessions usually run for 50 minutes (individuals) or 75 minutes (couples/families). The length of treatment or number of sessions needed to work towards therapy goals may differ according to varying factors and needs.

Contact / Appointments

For further enquiries or scheduling of appointment, you may contact me via email at [academy \[at\] rekindletherapy \[dot\] com](mailto:academy@rekindletherapy.com) or Rekindle Academy’s cell phone at +6013 2477196.

You may also schedule an appointment with me through Rekindle’s client coordinators (see [Contact Us](#) page on website).