



## JESSICA LECHLAK'S THERAPIST DISCLOSURE STATEMENT

**Philosophy and Approach:** Through a solution focused approach I help families identify patterns of resiliency, patterns of positive engagement, and coping skills that they may not be aware are already in place. I help families get out of negative thinking pattern, and help reconstruct a new way of looking at the family. I utilize interventions from structural therapy to rebuild the structural foundation, strengthen boundaries, and rebuild relationships. I will focus on all aspects of the family to address negative alliances, as well as strengthen support systems. These area's include but are not limited to the parents, siblings, gender alliances (mother/daughter, father/son), and extended family. Through therapy the family will develop a sense of hope and be able to identify patterns of strengths and resiliency within each member as well as the family unit as a whole.

I believe that all families are resilient, and capable of making changes. I do not believe that the presenting problem defines the family or its ability to function. I believe that through therapy the family will be able to identify the challenges they are facing and work through them together.

As a Marriage Couples and Family therapist I work with children, families and couples utilizing a Solution Focused and Structural approach. I have experience working with children of all ages to develop coping skills, improve emotional vocabulary and effectively manage emotions. I work with parents on developing ways to react effectively to their children, foster academic and emotional growth, and set rules and boundaries. I have experience working with addictions, trauma, LGBT issues, chronic pain, behavior management, children in foster care, adoptions, and parenting.

**Formal Education and Training:** I hold a Master's Degree in Marriage, Couples and Family therapy from Lewis and Clark College and a Bachelor's of Science in recreational therapy from The University of Toledo. I am a Licensed Therapist in the state of Washington (LF60594649) I will abide by the AAMFT Code of Ethics. I am under the ongoing supervision of Marcus E. Berglund, MA, PhD candidate, LMFT, QMHP, which I will be happy to explain.

*Major Casework included:* Advanced Family Therapy theories, Lifespan Child Development, Couples therapy, Ecopsychology, Group therapy with children and adults, Addictions studies, and treatment planning. The academic philosophy of Lewis and Clark followed a strength based, social justice lens. I also continue to attend continuing education each year.

**Scheduling:** Sessions are 50-80 minutes in duration and by appointment only. It is important for your therapeutic progress to keep all scheduled appointments and arrive on time. If you are unable to attend a scheduled appointment, please notify me with at least 24 hours' notice. If you fail to appear at a scheduled session without notification and rescheduling, you will be charged the agreed-upon usual and customary fee for that session.