



## BRYANNA GOODMAN'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I am a Licensed Marriage and Family Therapist in Washington State. I received my masters in Marriage and Family Therapy from Abilene Christian University in 2007 and my Bachelors of Psychology from York College in 2005. I am a member of the American Association for Marriage and Family Therapy. I have primarily worked in the Portland Metro and Clark County areas for the past 9 years serving individuals, couples and families. I specialize in working with couples and individuals with relationship needs from affair recovery to pre-marital preparation. I have extensive training in Gottman Theory, am certified in PREPARE/ENRICH, and a child mental health specialist. I utilize CBT, Solution-Focused and Narrative Therapy with adults who are struggling with such issues as depression, anxiety, and adjusting to a life transition. I have collaborated with a variety of professionals such as psychiatrists, lawyers, caseworkers, teachers, school administrators, and judges as a way to consult and create a holistic environment for each of my clients.

**Philosophy and Approach:** I believe that all individuals live among multiple systems that affect who they are whether that is being a spouse, child, friend, parent, and/or an employee. Within these systems, we need to know ourselves and how we function within each of them. Therapy is hard work and it takes commitment and effort. With both my professional expertise and your individual life experiences, you will gain new insight into your thoughts, feelings, actions, and beliefs that will create long lasting changes.

My approach focuses on building a therapeutic relationship that is honest, collaborative, empathetic, nonjudgmental, and creative. I want people to reach their goals and full potential by helping them move through therapy gaining strength, new perspectives and healthy tools to keep their life happy and fulfilled.

**Participation:** Ideally, therapy should end when there is mutual agreement that you have reached your goals. There may be situations that suggest we discuss thoughts about ending therapy before the ideal is reached. You have the right to end therapy or request transfer to another therapist at any time, but I ask that you express your thoughts and feelings in therapy before you terminate our therapeutic relationship as it is an important process to experience that may result to further growth and change.