



Gabrielle Agnesse Therapist Disclosure

Formal Education and Training: I received my Bachelor of Science in Human Physiology, with a minor in Psychology, from Gonzaga University. Later on I decided to pursue counseling and earned my Master's degree in Clinical Mental Health Counseling from Seattle University. I am a Licensed Mental Health Counselor Associate (MC70011470) in the state of Washington. I have received training in Eye Movement Desensitization and Reprocessing (EMDR) therapy and integrate somatic and strengths-based approaches in my work.

Philosophy and Approach: I believe therapy works best when it honors the whole person — mind, body, and emotion. Healing isn't about "fixing" someone; it's about uncovering the strengths, resilience, and insight that already exist within you. My approach is collaborative: you are the expert of your experience, and I'm here to guide, support, and offer tools to help you navigate life's challenges.

I integrate evidence-based practices like EMDR, mindfulness, and somatic therapy with a strengths-based and trauma-informed lens. This means we focus not only on processing trauma or navigating difficult emotions but also on identifying your existing resources and capacities so you can feel empowered both in and outside the therapy room.

I strive to create a space that feels safe, grounded, and authentic — where playfulness, curiosity, and compassion coexist. Therapy can be messy, but it can also be transformative, and my goal is to walk alongside you in a way that is supportive, nonjudgmental, and tailored to your unique needs.

Participation: Therapy is a collaborative experience — it's shaped by both the therapist and client. I encourage honesty, curiosity, and openness from the very beginning. Feel free to ask questions about anything in the process, and share your thoughts and feelings openly. That kind of honesty is a key part of making meaningful change.

Therapy can be challenging at times. It might bring up strong emotions, uncomfortable memories, or even affect close relationships. That's completely normal, and I encourage you to bring these things into our conversations so we can work through them together.

You are always in control of your therapy. You can stop at any time, decline a particular activity, or even request a referral to another therapist if you feel that's what's best for you. My priority is your experience and together, we'll create a space that feels safe, supportive, and most helpful for you.

Consultations: I regularly consult with other experienced professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

Supervision: As a Licensed Mental Health Counselor Associate, I work under a qualified supervisor and participate in regular supervision meetings as a requirement before achieving independent licensure in the state of Washington. My supervisor, Kimberlee Lundgren, LMHC, LPC (Washington: LH60927647, Oregon: C6024), signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

Scheduling Appointments: Appointments are typically scheduled on a regular, weekly basis, and I'll do my best to keep a consistent time available for you. Appointment times aren't automatically held from week to week, so it's helpful to reschedule at the end of each session if needed.

If you ever need to change or cancel an appointment, please let the office know as soon as possible. For appointments canceled with less than 24 hours' notice, a full session fee will be charged.

Termination: The length of treatment is an individual process that is determined by the therapeutic process. I believe the termination process to be as significant as the rest of treatment, in which we will work together to make this transition as smooth as possible. When your treatment comes to a stopping point, please know that you may return at any point in the future.