



Elsa Clark Therapist Disclosure Statement

Formal Education and Training: I received my Bachelor of Fine Arts in Fiber Arts from the University of Oregon. After working for several years, I returned to school to complete my Masters of Arts in Education from Western Governors University and began my career as an Educator. Which led me to the calling to return to school one more time to receive a Master of Science in Clinical Mental Health Counseling from Eastern Oregon University. I am currently in the process of obtaining my Mental Health Counselor Associate License in the State of Washington (MC70071334). Yearly, I will participate in continuing education in specialized areas and receive clinical supervision to be able to provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

Philosophy and Approach: My philosophy and approach to therapy are grounded in Person-Centered, Trauma-Informed care, with a strong belief that healing begins in a space of unconditional positive regard, safety, and collaboration. I view each client as the expert of their own lived experience, and I strive to create an environment where they feel seen, heard, and empowered. From this foundation, I integrate a range of evidence-based approaches—such as CBT, DBT, mindfulness-based practices, and motivational interviewing—depending on the client’s unique goals, cultural context, developmental stage, and readiness for change.

Rather than taking a one-size-fits-all approach, I intentionally tailor interventions to support the client’s pacing, autonomy, and resilience. I emphasize attunement to both the spoken and unspoken, recognizing how trauma impacts thoughts, emotions, behaviors, and the nervous system. My work is guided by curiosity, compassion, and a commitment to honoring the whole person—not just their symptoms. Ultimately, my role is to walk alongside clients as they reclaim their strengths, deepen self-understanding, and move toward meaningful and sustainable change.

Participation: Counseling is a shared experience we build together, bringing our voices, honesty, and curiosity into the process. You are the leader of your own healing, and I encourage you to ask questions

and share your thoughts and feelings so we can understand what you need and support your growth.

Therapy can sometimes feel challenging or stir up strong emotions or memories. This is a normal part of healing, and you don't have to face it alone. Bring anything difficult into our conversations so we can explore it together in a safe, supportive way.

You are always in control of your counseling journey; you may pause therapy, decline an activity, or request a referral at any time. What matters most is that you feel respected, understood, and empowered. My goal is to partner with you to create a meaningful and collaborative therapeutic experience.

Consultations: I routinely consult with experienced colleagues to gain fresh perspectives and ideas that support your progress. These consultations are conducted in ways that fully protect your confidentiality.

Supervision: As a licensed mental health 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 and Oregon; LH6092764 and C6024), signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

Scheduling Appointments: Appointments are generally made on a regular, weekly basis. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session. I will attempt to keep the same appointment time available to you unless frequent cancellations have been made. If it is necessary to change or cancel your appointment, please let me know as soon as possible. I will charge you a full session fee for appointments that are canceled less than 24 hours in advance.

Termination: The length of treatment varies for each person and is guided by the therapeutic process. When it's time to conclude, we'll work together to ensure a smooth and meaningful transition. You're always welcome to return to therapy in the future.