



Angela Lowe Therapist Disclosure Statement

Formal Education and Training: I received my Bachelor of Science in Sociology with a minor in Public Relations from Brigham Young University in Provo, UT. After working and raising my boys for several years, I returned to school to complete my Masters of Science in Marriage and Family Therapy at Capella University in Minneapolis, MN. I am a Marriage and Family Therapy student intern in the State of Washington with graduation estimated December 2026.

Philosophy and Approach: My approach to therapy is founded on the belief that people are profoundly shaped by their relationships, family systems, culture, and life experiences. As a Marriage and Family Therapy student intern, my approach for therapy comes from a systemic and relational lens, recognizing that challenges are best understood when looked at through the relationships and environments in which they occur. Each of us are most familiar with our own lives; an expert, in a sense. By viewing the client from this perspective, I believe meaningful change can happen through collaboration, empathy, trust, and effort within the safety of a therapeutic relationship. My approach will be client-centered and strength-based to support clients in adjusting to more satisfying ways of relating to themselves and others. My goal is to walk with and support clients in growing personal insight, resilience, and connection. By investing in this growth, clients can be empowered to hope, believe, and move forward in growth, healing, and more fulfilling relationships.

Participation: Therapy, by nature, is an active and collaborative process. As a Marriage and Family Therapy student intern, I view therapy as a shared effort between the therapist and client. Meaningful change occurs through mutual respect, openness, and honesty when sharing experiences, thoughts, emotions, and perspectives. Participation often includes reflecting on observed patterns within relationships, exploring emotions, considering alternate ways of responding to challenges, and practicing new ways of communicating. There are so many wonderful tools for us to explore! As a Marriage and Family Therapy student intern, it is my opportunity to provide and receive feedback in therapy. This happens as we both ask sincere questions, express things that feel helpful, and talk about concerns as they arise. The client experience is best supported when active participation takes place that honors their unique pace, goals, and readiness for change.

Consultations: As a Marriage and Family Therapy student intern, I have great opportunity to regularly meet with experienced professionals who serve as mentors in a supervisory role. They will review recorded client sessions with me and give feedback to encourage and ensure my use of correct therapeutic principles. While this benefits my learning and growth, it also benefits clients as they receive skilled care gathered from multiple professional perspectives. All supervisory consultations are handled so confidentiality is maintained.

Supervision: As a Marriage and Family student intern, I work under qualified supervisors and participate in regular supervision meetings as required for my masters program with Capella University. I am supervised by the Refresh Therapy team, including Jessica Lechlak (LF60594649), Alyssia Haymond, (LH60959751), and Lex Scot (LF61496225). Clinical supervisors will review all of my documentation. I participate in weekly supervision meetings to ensure quality of care and facilitate my growth and development as a therapist.

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 is an individual process that is determined by the therapeutic process. I believe the terminating 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.