



Formal Education and Training: I received my Master of the Arts in Clinical Mental Health Counseling from George Fox University in Newberg, OR. I am a Licensed Mental Health Counselor Associate in the State of Washington (WAMHCA.MC.70130581) working towards full licensure. Yearly, I participate in continuing education in specialized areas 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: I believe each of us deserves the space to explore who we are and to gently face questions that can feel uncertain or even overwhelming. Reaching out for counseling is a meaningful step, and you don't have to take it alone. My goal is to walk alongside you, offering support, understanding, and care throughout your journey. In our work together, I strive to create a space where you feel safe bringing all parts of yourself, whether that includes difficult emotions, life transitions, or moments of growth and celebration. I see my role not just as a guide, but as someone you can trust to truly listen and hold what you're going through. Every person is unique, so I tailor our sessions to fit your individual needs, considering your physical, emotional, spiritual, and social well-being. I draw from approaches like Narrative Therapy and Existential Therapy to help you explore your story, find meaning, and move toward a life that feels authentic and fulfilling. I work with both teens and adults, and I deeply value each client's lived experience. Together, we'll explore your story and create goals that feel meaningful, realistic, and aligned with who you are.

I identify as a Chinese, Native Hawaiian, and White, cisgender woman who is bisexual and English-speaking. I recognize that these parts of my identity come with both lived experience and areas of privilege that may shape how others experience me. I also understand that my perspective is limited to my own life experiences, which may not fully reflect or resonate with everyone. At the same time, I bring a deep sense of curiosity, humility, and openness to experiences different from my own. I believe that honoring and exploring each person's unique story is at the heart of a meaningful therapeutic relationship, and I strive to create a space where all identities and experiences are respected, valued, and welcomed.

Participation: Healing begins when both the client and therapist are actively contributing to the therapeutic relationship. You are always welcome to ask questions about your treatment at any time during our work together. You also have the right to pause or end counseling at any time. Therapy can also be ended if both of us agree that I am not a right fit for you. In that case, I will do my best to provide you with appropriate and thoughtful referrals.

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 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, Cody Brown WALH61136624, signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

Scheduling Appointments: Your appointments with me will last approximately 53 minutes and will be scheduled ahead of time for a specific time slot. I will meet with clients weekly unless another arrangement is made through discussion and agreement.

For missed appointments and cancellations, clinic policy is as follows:

- Clients are responsible for canceling and/or rescheduling their appointments with proper notice.
- Clients must provide a minimum of 24 business hours' advance notice to cancel or reschedule

their appointment to avoid a missed session fee.

- Cancellation calls are taken between 9 AM and 5 PM Monday through Friday, excluding New Years Day, Independence Day, Thanksgiving Day, and Christmas Day.
- Monday appointments must be canceled before 5 PM on the previous Friday.

Termination: The length of treatment is an individual process that is determined by the therapeutic process. I believe the terminating process is a deeply valuable part of treatment, and we will work together to make the 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.