

**Formal Education and Training:**

I have a Bachelor of Science in Psychology from Portland State University and my Master of Arts in Clinical Mental Health Counseling from George Fox University. My graduate training has included coursework and clinical experience in human growth and development, therapeutic relationships, depression and anxiety, substance use and addiction, relational concerns, and spirituality. I have volunteered with Lines for Life, supporting individuals in crisis, and have volunteered at the Portland State University Food Pantry, serving both students and alumni experiencing food insecurity. I am a licensed Mental Health Counselor Associate (LMHCA 70140343) in the State of Washington and participate in ongoing ethical, culturally responsive, and evidenced-based care.

Philosophy and Approach:

My primary orientation is Acceptance and Commitment Therapy (ACT), informed by person-centered and existential approaches alongside Motivational Interviewing. I believe counseling can help people towards greater congruence and psychological flexibility - the ability to remain present, and acting in value-aligned ways amidst distressing or difficult thoughts. The overall goal is to reduce the gap between who we are, and who we want to be.

Participation:

Counseling is a collaborative process in which both therapist and client play active roles. I encourage clients to participate openly and honestly and to ask questions throughout the counseling process. Counseling may involve discussing difficult emotions, past experiences, or challenging life circumstances. While this can be uncomfortable, it often contributes to growth and change. You have the right to participate in treatment planning requesting referrals, decline interventions, or discontinue counseling at any time.

Consultations:

I regularly consult with my clinical supervisor and other mental health professionals to ensure quality care. These consultations are conducted in a manner that protects client confidentiality and are intended to support ethical and effective treatment.

Supervision:

As a licensed mental health associate, I practice under the supervision of Cody Brown, LMHC (WA LH61136624). Supervision is an important part of my professional development and helps ensure ethical and effective care. My supervisor may review clinical documentation and provide consultation regarding treatment planning, interventions, and ethical considerations. Any discussions regarding client information during supervision are handled professionally and confidentially.

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.