



# Refresh Therapy™

INDIVIDUAL • FAMILY • COUPLES

**Formal Education and Training:** I received both my Bachelor of Arts in Psychology and Masters of Science in Applied Psychology from Eastern Washington University. I am a Licensed Mental Health Counselor in the State of Washington (LH60598970). I have received post graduate training in Parent Child Interaction Therapy, Attachment Focus Therapy, Internal Family Systems, and Trauma Focused Cognitive Behavioral Therapy. 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:** My therapeutic approach is integrative and informed primarily by humanistic, attachment, and relational theories. While I draw from evidence-based interventions across multiple treatment modalities as clinically appropriate, I view the therapeutic relationship as the central vehicle for change. I strive to cultivate a collaborative, empathic, and psychologically safe environment in which clients can explore their experiences, develop greater self-understanding, and strengthen their capacity for meaningful relationships. Through an attachment-informed and relational lens, I help clients examine how early experiences and interpersonal patterns shape present functioning while fostering resilience, emotional flexibility, and lasting psychological growth. Treatment is individualized to each client's unique strengths, values, presenting concerns, and therapeutic goals.

**Participation:** The therapy experience is created both by the therapist and the client. Both participants are encouraged to be honest, open, and curious. Please feel free to ask questions about any aspect of the counseling process and be honest about your thoughts and feelings. This is an important component to change. Therapy can be difficult and uncomfortable at times—it may arouse intense emotions, recall unpleasant events, and/or alter close relationships. This is a natural part of the therapeutic process and I encourage you to discuss these things as they arise. At any time, should you wish to discontinue therapy, you have the freedom to stop. You may also refuse to do a particular activity or request a referral to another therapist. Most important is your experience as a client. Together we will work to ensure a positive therapeutic experience.

**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.

**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.