



Refresh Therapy™
INDIVIDUAL • FAMILY • COUPLES

Formal Education & Training

I am a mental health counselor associate in the state of Washington (MHCA.MC.70152017) and a registered professional counselor associate in the state of Oregon (R9740). I graduated from Western Oregon University with a Bachelor of Science Degree in Psychology, and obtained my masters in Rehabilitation and Mental Health Counseling from Western Oregon University.

My clinical experience spans residential, outpatient, and integrated care settings, where I have worked with youths, adolescents, and adults. Through targeted internships and roles, I have delivered individual, group, and family therapy addressing complex needs such as ADHD, PTSD, anxiety, grief, substance use disorders (SUD), problem gambling, and crisis intervention, while also coaching youth in vital interpersonal and crisis-management skills within a therapeutic milieu. Complemented by a lifelong history of community service supporting unhoused populations and individuals facing substance use challenges, my diverse background has deeply shaped my capacity for profound empathy, coordinated care, and compassionate communication.

Philosophy and Approach

I center my practice on a person-centered model with a family systems approach, which means that I see every individual within the family as unique with their own strengths and experiences, that each of you have strengths to inspire positive change within difficult situations, and that I see the family as one interconnected unit. It is my belief that every person seeks growth toward personal goals, and that this growth may be accessed through a greater understanding of the self as well as family dynamics. To meet goals that we set together in counseling sessions, skills may be used from Motivational Interviewing, CBT, DBT, EFT, Collaborative Problem solving, and other modalities as needed.

Participation

Therapy involves building a working relationship between therapist and client(s). This is built on trust, openness and curiosity, which is encouraged from both parties. Through the duration of therapy, there will be moments of discomfort and challenges may arise. As these difficult scenarios come up, it can be helpful to discuss your experiences of them in the therapy room. A therapist is essential, and if you have any questions or concerns that arise during our time together, please feel free to contact my supervisor, Jessica Lechlak, LMFT (360.215.3977). We will work together to create a positive therapy experience. At any time, you are welcome to decline participation in an activity or request a referral to another therapist.

Consultations

I will consult with other therapists I am working with on a regular basis. Doing this supports me in offering different perspectives and ideas on how to best support my clients in meeting their goals. Consultations are conducted in a confidential manner and environment.

Supervision

As a Licensed Mental Health Counselor 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, Jessica Lechlak, LMFT (WA: LF60594649; OR: T1150) signs off on all of 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 notify me as soon as possible. I will charge you a full session fee for appointments that are cancelled less than 24 hours in advance. I will let you know at least 2 weeks in advance if I will be unavailable for a session, excepting emergencies.

Termination

The length of treatment is an individual process that is determined by the course of therapy over time. I find it important to ensure that the end of therapy is as smooth of a transition as possible. Please know that if you wish to return in the future after stopping therapy, you are welcome to do so at any time.