



Refresh Therapy™

INDIVIDUAL • FAMILY • COUPLES

Formal Education and Training

I received my Bachelor of Arts in Psychology and Anthropology at Washington University in St. Louis. After working in research at the Veterans Health Administration, I completed my Master of Social Work at the University of Washington. I am a Licensed Social Worker Independent Clinical Associate in the State of Washington (SWIA.SC.70089686). 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 holistic and nonjudgmental, grounded in the belief that everyone's journey is deeply personal and should align with your own values and culture, free from shame or fear of harm. I am deeply committed to creating affirming, culturally humble spaces where diverse identities are celebrated. I approach our work together from a client-centered perspective, empowering you to identify and pursue goals that reflect your true needs and desires. I believe that it is important to address immediate concerns you may have as well as reflect on deeper explorations that tie into your understanding of yourself and behaviors. I also recognize that the current and historical challenges of the world bring additional stressors to mental health, and I am here to navigate those complexities alongside you in a holistic way. I pull from several therapeutic modalities to create a trauma-informed plan that best fits each person. I use theory and techniques from psychodynamic psychotherapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Existential Therapy, and somatic therapy. I continue to learn about new research for evidence-based practices and practice-based evidence to stay up-to-date on potential treatments.

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.

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, Kimberlee Lundgren, LMHC, NCC (Washington LH606927647), signs off on all 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 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.