



Refresh Therapy™

INDIVIDUAL • FAMILY • COUPLES

Formal Education and Training

I earned my Master of Arts in Clinical Mental Health Counseling from Colorado Christian University in Lakewood, Colorado. Through the completion of my clinical internship at Gonzaga University, I developed the knowledge, clinical skills, and experience necessary to support clients in their healing and recovery.

In addition to my graduate education, I have completed additional training and coursework to enhance my clinical knowledge and therapeutic skills. As a Licensed Mental Health Counselor Associate (LMHCA) in Washington State, I participate in ongoing continuing education and professional development to maintain licensure requirements and provide ethical, evidence-based, and quality care to my clients.

Philosophy and Approach

My approach to counseling is rooted in evidence-based psychotherapy while integrating spirituality and Christian beliefs for clients who wish to include faith as part of counseling. My work is influenced by Person-Centered Therapy, Cognitive Behavioral Therapy (CBT), Solution-Focused Therapy, attachment theory, and trauma-informed care.

I believe the counseling process is built upon a trusting, collaborative therapeutic relationship where we work together to explore your experiences, challenges, strengths, and goals. While we will address the concerns that bring you to counseling, we will also explore the thoughts, emotions, behaviors, relationships, and life experiences that may contribute to your current struggles.

I believe that healthy relationships are central to emotional well-being and that meaningful connection is an important part of the human experience. Relationships can be sources of great joy, support, and fulfillment, but they can also be sources of significant pain and difficulty. Together, we will explore relational patterns and experiences that may have influenced your current challenges and identify opportunities for healing and growth.

My goal is to help you develop greater self-awareness, strengthen your existing abilities and resources, and create meaningful change. Through the counseling process, you can gain insight into your thoughts, emotions, behaviors, and relationships in ways that support healing, resilience, and personal growth.

Participation

Therapy is a collaborative process between the therapist and the client. You are encouraged to participate by being honest, open, and curious throughout the counseling process. Please feel comfortable asking questions about therapy and sharing your thoughts, concerns, and feelings.

Counseling can be challenging and may bring up difficult emotions, painful memories, or changes in important relationships. These experiences can be a natural part of the therapeutic process and personal growth. I encourage you to discuss any concerns or difficulties that arise during our work together.

You have the right to participate in decisions regarding your treatment, decline any therapeutic

activity, request a referral, or discontinue counseling at any time. Your experience and well-being are important, and together we will work toward creating a safe, supportive, and meaningful therapeutic experience.

Consultations

To provide the highest quality of care, I may consult with other experienced mental health professionals regarding clinical concerns and treatment approaches. These consultations allow me to receive additional perspectives and support in providing effective care.

Client confidentiality is maintained during consultations in accordance with professional ethical standards and applicable Washington State laws. Information shared during consultation will be limited to what is necessary for professional guidance and will be handled with respect for your privacy.

Supervision

As a Licensed Mental Health Counselor Associate (LMHCA), I practice under the supervision of a qualified licensed mental health professional as required by Washington State. I participate in regular clinical supervision to support professional development, maintain ethical standards, and ensure quality client care.

My clinical supervisor is Cody Brown, LMHC, LPC, LCPC, who is licensed in Washington, Oregon, and Idaho. His license numbers are Washington State LMHC License #LH61136224, Oregon LPC License #C-4652, and Idaho LCPC License #561.

Clinical supervision may include review of clinical documentation, treatment planning, and therapeutic interventions. Confidentiality is maintained throughout the supervision process in accordance with applicable laws, professional ethical standards, and client privacy requirements.

Scheduling Appointments

Counseling appointments are typically scheduled on a regular weekly or biweekly basis depending on your individual treatment needs and goals. Appointment times are not automatically reserved from week to week. It is your responsibility to schedule future appointments at the conclusion of each session.

I will make every effort to maintain consistency in scheduling; however, appointment availability may change due to scheduling needs or frequent cancellations. If you need to cancel or reschedule an appointment, please provide as much notice as possible. Appointments canceled with less than 24 hours' notice may be subject to the full session fee.

Respect for Diversity

I welcome clients from all backgrounds, cultures, beliefs, identities, and life experiences. I am committed to providing a safe, respectful, and inclusive environment where each person is treated with dignity, compassion, and acceptance.

While I am comfortable integrating Christian faith and spirituality into counseling for clients who wish to include faith as part of their therapeutic journey, I also provide counseling from an evidence-based, client-centered perspective for individuals of all faiths, spiritual traditions, or no religious affiliation.

My goal is to honor your values, beliefs, and personal experiences while working collaboratively to support your healing, personal growth, and overall well-being.

Termination

The length of counseling varies based on each client's individual needs, goals, and progress. Throughout the counseling process, we will regularly evaluate your treatment goals and discuss your progress toward achieving them.

When your therapeutic goals have been met, or when counseling is no longer providing meaningful benefit, we will work together to determine an appropriate and supportive conclusion to treatment. I believe the termination process is an important part of therapy and an opportunity to reflect on growth, recognize progress, and identify strategies for continued success.

Whenever possible, termination will be planned collaboratively and discussed in advance. If additional support is needed after counseling ends, we can discuss appropriate resources or referrals.

You have the right to discontinue counseling at any time. In some circumstances, I may determine that continued treatment is not clinically appropriate or falls outside the scope of my practice. If this occurs, I will discuss this with you and provide appropriate referrals whenever possible to support continuity of care.

If you choose to return for counseling in the future, you are welcome to contact me to discuss your needs and determine whether resuming services would be appropriate.