



Refresh Therapy™

INDIVIDUAL • FAMILY • COUPLES

Formal Education and Training

I earned my Bachelor of Integrated Studies from Weber State University in Ogden, Utah, with an interdisciplinary focus in Communication, Child Development, and Health Promotion. I later pursued my Master of Social Work through Arizona State University's School of Social Work, further developing my knowledge and skills in supporting individuals, couples, and families. Before entering the field of therapy, I worked in the nonprofit sector, where I supported individuals and families and developed a deeper understanding of the many challenges that can affect mental health and well-being. I am currently a Licensed Mental Health Counselor Associate (SWIA.SC.70171531) in the State of Washington and practice under clinical supervision as I work toward independent licensure. I am committed to ongoing professional development and regularly pursue continuing education to expand my knowledge and provide thoughtful, effective, and individualized care to the clients I serve.

Philosophy and Approach

I believe that every person has a story, and that even during the most difficult seasons of life, there is hope for healing, growth, and meaningful change. My approach to therapy is client-centered and collaborative. I believe you are the expert on your own life, and my role is to walk alongside you, offering support, guidance, compassion, and the tools and resources that can help you move toward the life you want. Whether you are navigating depression, complex trauma, relationship or marital challenges, or simply feeling stuck and unsure of what comes next, I want you to feel heard, understood, and accepted without judgment. I truly believe that change happens when we feel safe enough to be honest, courageous enough to explore new possibilities, and supported as we take those steps. One of the greatest joys of being a therapist is watching a client begin to recognize their own strength and resilience—to see them let go of patterns that no longer serve them, develop new ways of thinking and responding, and realize that they are capable of creating a life that feels more fulfilling, authentic, and hopeful. It is an honor to be part of that journey.

Participation

Therapy is a partnership. While I bring my professional knowledge, experience, and perspective to our work together, you bring your unique experiences, values, strengths, and understanding of your own life. I believe the most meaningful progress happens when we can work together with openness, honesty, and curiosity. I want you to feel comfortable asking questions, sharing your thoughts and feelings, and letting me know when something does or does not feel helpful. You never have to agree with me or simply go along with something because I suggested it. Your voice and perspective are important parts of the therapeutic process, and honest communication helps us create an approach that feels right for you.

Therapy can be rewarding, but it can also be challenging. As we explore difficult experiences, emotions, relationships, or patterns that may be affecting your life, you may sometimes feel uncomfortable, overwhelmed, or emotionally vulnerable. These moments can be an important part of healing, but you should

never feel that you have to face them alone. I encourage you to bring those experiences into our sessions so that we can slow down, make sense of what you are experiencing, and determine what feels manageable and supportive. My goal is not simply to provide treatment, but to create a therapeutic relationship in which you feel respected, supported, and empowered. Ultimately, this is your journey. My hope is that we can create a space where you feel safe enough to be yourself, explore what brought you to therapy, discover your strengths, and work toward meaningful change at a pace that feels right for you.

Consultations

Thoughtful, effective care sometimes means seeking the insight of trusted colleagues. When appropriate, I consult with other experienced mental health professionals to gain additional perspectives, consider different approaches, and ensure I am providing the most helpful care possible. I conduct these professional conversations with your privacy and confidentiality in mind, and I protect identifying information. My goal is to continually reflect on my work and draw from a broader range of professional knowledge so that you receive thoughtful, well-informed support as you work toward your goals.

Supervision

As a Licensed Mental Health Counselor Associate in Washington State, I practice under the clinical supervision of a qualified, independently licensed mental health professional as I work toward independent licensure. I participate in ongoing supervision to receive guidance, consultation, and support in my clinical work and to ensure I am providing thoughtful, ethical, and effective care. My clinical supervisor, Jess Lechlak, LMFT, Clinical Director, provides ongoing oversight of my practice and reviews and approves my clinical documentation, including intake assessments, treatment plans, and progress notes. This continued supervision is an important part of my professional development and helps ensure that the care I provide meets appropriate clinical and professional standards.

Scheduling Appointments

Therapy sessions are typically scheduled weekly to provide consistency and support your progress. Because appointment times are not automatically reserved from week to week, please plan to schedule your next session before leaving your current appointment. I will do my best to accommodate your preferred day and time whenever possible, although I can't always guarantee the same time, especially when there have been frequent cancellations. If you need to change or cancel an appointment, please provide as much notice as possible. Appointments canceled with less than 24 hours' notice will be subject to the full session fee. This policy helps protect dedicated appointment time and allows me to offer openings to other clients who may be waiting to be seen.

Termination

Every person's therapeutic journey is unique, and there is no set timeline for how long therapy should last. Together, we will regularly check in about your progress, needs, and goals to determine what feels appropriate for you. When the time comes to conclude our work together, I believe it is important to approach that transition with the same care and intention as the rest of the therapeutic process. We will take time to reflect on the progress you have made, recognize the tools and strengths you have developed, and prepare for the next chapter with confidence. Ending therapy does not mean you can never return. Life continues to change, and new challenges may arise. If you want additional support in the future, you are always welcome to reach out again.