



Refresh Therapy™

INDIVIDUAL • FAMILY • COUPLES

Professional Information

Formal Education and Training

I received my Masters of Science in Counseling Psychology (MFT) at California Lutheran University in Thousand Oaks, CA. I am a Licensed Marriage and Family Therapist in the State of Washington (MFPL.MK.70162672) and Oregon (T3366). 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 states of Washington and Oregon.

Philosophy and Approach

My therapeutic orientation is rooted in a deep sense of empathy, authenticity, and cultural sensitivity, ensuring that every individual feels truly safe, empowered, and respected. I utilize an integrative framework that draws upon family systems, humanistic perspectives, and cognitive-behavioral techniques, and I have further specialized my work with couples by completing Levels 1 and 2 Training in Gottman Method Couples Therapy. Throughout my clinical practice, I have focused on assisting couples in refining their communication, navigating conflict effectively, and deepening their emotional bond. I am also passionate about supporting families, adolescents, and adults from diverse backgrounds as they discover their inherent value, dismantle unhelpful patterns, and embrace the tools necessary to move forward in their lives.

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.