



Refresh Therapy™

INDIVIDUAL • FAMILY • COUPLES

Professional Information

Formal Education and Training

I received my Bachelor of Arts in Communication from George Washington University in Washington, D.C. After working for several years, I returned to school to complete my Masters of Arts in Counseling Psychology at The Seattle School of Theology and Psychology. I am a Licensed Mental Health Counselor in the State of Washington (LH60860952). 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 approach to counseling is rooted in relational psychotherapy and Judeo-Christian beliefs, and is influenced by training in family systems, attachment theory, interpersonal neurobiology, and trauma recovery. As such, I believe the counseling process to be one of forming a mutual and collaborative alliance with you to explore the nature of your hurts and struggles. Although we will spend much time dealing with the specific issues that brought you into counseling, we will also look at the nature of your relationships with the significant people in your life. I believe that relationships are at the core of who we are as humans and that we desire and pursue intimacy because we were created for relationships. Unfortunately, in life, it is often these significant relationships that are the source of our greatest joys as well as our deepest hurts. In working together, we will explore the relational patterns and dynamics that have influenced the complexity and intensity of your struggles. It is my desire to help you become aware of the patterns in your thoughts, behaviors, and relationships in order that this new awareness might inform your current and future way of being.

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.