



Refresh Therapy™

INDIVIDUAL • FAMILY • COUPLES

Formal Education and Training

I hold a Bachelor's degree in History from UCLA, a Master's degree in Social Work from San Diego State University, and a Doctorate in Educational Leadership from Wilkes University. I am a Washington Licensed Independent Clinical Social Worker (SWI.LW.00004739) and regularly participate in continuing education and specialized training to stay current and maintain licensure.

Philosophy and Approach

My therapeutic approach is to establish and build supportive relationships with clients through careful listening, intentional curiosity, and thoughtful reflection. I primarily apply Solution-Focused Brief Therapy and Narrative Therapy frameworks to help identify areas of strength and build on the client's capacity for growth, and my guidance is informed by current psychological and educational research. My style is collaborative, inquisitive and respectful; I seek to develop a strong understanding of my clients and their needs, and then work to support them in establishing their goals and developing the capacity to reach them. I am an intentional listener and consultant, and seek to provide thoughtful guidance in a safe and compassionate setting. I truly enjoy seeing those with whom I work realize their potential and reach a sense of fulfillment.

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.