## Formal Education and Training

I received my Bachelor of Arts in Education Studies from Ashford University. I later completed my Master of Science in Marriage and Family Therapy from Capella University in Minneapolis, Minnesota. I am a Licensed Marriage and Family Therapist in the State of Washington (MFT.LF.70161300) and have been practicing as a therapist for over three years. I participate in ongoing continuing education and specialized training in areas including Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Emotionally Focused Therapy (EFT), and Written Exposure Therapy (WET) through PESI. I continue to pursue professional development to provide quality, individualized, and trauma-informed treatment to my clients.

## Philosophy and Approach

My approach to counseling is rooted in a client-centered, integrative, and trauma-informed perspective. I believe each person brings a unique story and collection of experiences into therapy that shape how they understand themselves, navigate challenges, and connect with others. As such, I believe the counseling process is a collaborative relationship where I listen to your story with curiosity and without judgment while helping you understand the patterns and experiences that may be affecting your life. I believe difficult experiences, including trauma, loss, anxiety, and depression, can continue to influence our thoughts, emotions, behaviors, and relationships. In working together, we can explore where these patterns came from, develop greater self-awareness, and identify healthier ways of coping and responding to life's challenges. My goal is to provide a calm and supportive environment where you can work at your own pace while developing the insight, skills, and confidence needed to create meaningful and lasting change.

## Participation

Therapy is a collaborative process, and your active participation helps create a meaningful and effective therapeutic experience. I encourage you to be open and honest about your thoughts, feelings, questions, and concerns, including anything about the therapy process itself. Therapy can sometimes be difficult or uncomfortable and may bring up strong emotions or experiences that are challenging to discuss. When this occurs, we can work together to address these concerns at a pace that respects your needs, boundaries, and readiness. You are encouraged to ask questions, provide feedback, and communicate when something does not feel helpful or appropriate for you. You have the right to make decisions about your treatment, including declining a particular intervention or choosing to discontinue therapy. My role is to provide support, clinical guidance, and appropriate therapeutic tools while respecting your autonomy and working collaboratively toward your goals.

## 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.