

Education and Credentials

Licensed Mental Health Counselor, Washington State, since 2001.
University of California, Berkeley-Teaching Credential; 1979.
Antioch University, Seattle-MA in Counseling Psychology; 1985.
UW School of Social Work; Certificate in Psychological Trauma; 2006.
Registered Play Therapist with Association for Play Therapy since 2008.
Foster Care & Adoption Certificate, Cascadia Training, 2008.
Member of the Child Therapy Association, Seattle, and the Northwest Alliance for Psychoanalytic Study since 2008.

Treatment Philosophy:

I have been working as a therapist with children and adults, both as individuals and families, for 28 years. I have worked in a mental health agency, a school, and in a private practice setting. I have also taught Chemical Dependency and the Family for five years at Seattle Central Community College. I have provided play therapy consultation to agencies.

I believe that most people come to therapists, or bring their children to therapists desiring help in order to change the quality of their lives. Some people come with the intention of getting short-term help for an immediate and pressing problem, hoping to accomplish their goals in a limited amount of time. Others are looking for a longer and deeper relationship, with less articulated goals; they are seeking a supportive relationship in the belief that their everyday lives will be the better for it.

There are a couple of different ways to view **change** and how it can happen in psychotherapy.

Sometimes people go to therapy wanting to change and even having a clear idea about what they need to do to improve their situation, but need another person to witness this process and to feel supported. This is **conscious change**: a person deliberately tries to change him or herself, to develop other ways of thinking and behaving.

Other times, therapy helps effect a change in attitude or perception. The client is able to communicate his or her problem or situation in a compelling way, the therapist hears this, and an old pattern is broken. This leads the client to behave differently, which creates a different experience of self and others. This kind of therapeutic work includes both **conscious and unconscious change**.

Sometimes change does not happen consciously. Healing happens when conditions under which change can occur are created. These conditions might include an atmosphere of trust, hope, and receptivity to listening in a different way to one's self and others. A client is given some element that has been missing, through engaging in a therapeutic process with a person who is trained as an **empathic witness** and clear psychological thinker. This philosophy underlies play therapy.

Some people have the most effective therapy experience individually, desiring or needing the privacy and protectiveness of the exclusive attention of their therapist. Many others, including children and couples, need to work out some of their problems in the presence of those to whom they are most powerfully attached, and growth and change happens in family work.

I am comfortable and trained in working with children and adolescents both individually and with their parents, doing play & art therapy, sand tray work, verbal, collaborative therapy, and family therapy. I can help determine which psychotherapeutic approach works best for you or your child and then we can apply ourselves to addressing your need.

I believe that psychotherapy involves a working alliance between client and therapist and I invite you to share your thoughts or questions about our relationship with me, or your child's relationship with me, even if it feels risky. That is a very important part of your efforts to create change.

Fee Schedule:

My fee for a sixty minute session is **\$120**, due each visit. I am a preferred provider for Regence and Group Health; if you have coverage with these companies, I will bill for you and you are responsible for copays, co-insurance payments, and deductibles.

If you have other insurance, I am most likely an out of network provider. I will provide a diagnosis and provide a receipt for you to send in to your insurance company, if you would like to try to seek reimbursement. Many insurance companies reimburse for a significant portion of the fee that way.

Hours Available:

I am available five days a week and evenings until 7. I work Tuesday through Saturday.

Your Rights as a Client:

You have the right to understand what kind of therapy I am doing with you or your child and why I am doing it. You have the right to discontinue treatment at any time. Psychotherapy is confidential and the records I keep are protected by state law. If you have questions about any of this please talk to me.

Please sign here to indicate that you understand my philosophy and terms of treatment; this also serves as permission to provide statements to insurance for the purpose of your reimbursement.

_____ Date: _____