

Clinician Disclosure Statement

I am required by Washington state law to provide you with a statement regarding my education, training, credentials, and methods of working. Please feel free to ask for clarification on anything that you do not understand.

I have been a practicing counselor and psychotherapist since 1985. Since beginning my work as a therapist, I have worked in inpatient, outpatient, and private practice settings helping people who are struggling with depression, bi-polar disorder, post-traumatic stress disorder, chemical dependence, eating disorders, anxiety, stress, childhood abuse issues, schizophrenia, grief, personality disorders, life transitions, and explorations related to individuation and spiritual inquiry. I have experience working with both children and adults. I tailor my approach to each individual's needs, and draw on a wide range of very diverse approaches. Some of these approaches are: verbal psychotherapy, either short term or depth-oriented informed by a depth psychological perspective; dance-movement therapy, including authentic movement, somatic mindfulness, imaginal dreamwork, breathwork; expressive arts therapy; sandplay; and dialectical behavior therapy. In determining which approaches to use, I work closely with your needs, interests, and comfort level. It is my priority to create a safe therapeutic "container" wherein your growth toward wholeness is naturally encouraged. I view this process as collaborative.

Training and credentials (select):

Licensed Mental Health Counselor, WA State Department of Health, 1997.

Registered Dance-Movement Therapist, Academy Eligible, American Dance Therapy Association, 1984.

Masters in Creative Arts Therapy with a concentration in Dance-Movement Therapy, Hahnemann University, 1984.

Certified Laban Movement Analyst, Laban-Bartenieff Institute of Movement Studies, 1985.

Authentic Movement Training, Authentic Movement Institute, 1994-1996 and ongoing training with Dr. Janet Adler.

Body-Centered Transformation Certification, Hendricks Institute, 1995.

Intensively trained in Dialectical Behavior Therapy, Behavioral Tech Institute, 2004.

Professional Training, North Pacific Institute of Analytical Psychology, 2007.

Doctoral student in Depth Psychology with Emphasis in Psychotherapy, Pacifica Graduate Institute, current.

My signature below indicates I understand and have been given the opportunity to ask questions regarding the information above.

Signature

Date