

**Disclosure Statement**

**Education**

- Bachelor of Arts degree – University of Washington, Seattle; focus on early childhood development and education
- Master of Arts degree in Education – Seattle Pacific University, Seattle
- Post-graduate MFT training and certification, including 2 years intensive clinical training and supervision – COAMFTE Training Program at Presbyterian Counseling Services, Seattle
- Post-graduate training in Jungian psychology – North Pacific Institute of Analytical Psychology, Seminars for Professionals, Seattle
- Post-graduate consultation/training in Jungian dream analysis with Eberhard Riedel, PhD, DCSW, Jungian Analyst
- Post-graduate training in Sandplay Therapy – Sandplay Therapists of America (STA) and ISST, Greater Seattle, California and Switzerland
- Post-graduate training in the Psychobiological Approach to Couples Therapy with Stan Tatkin, PsyD
- AAMFT approved supervisor training at Seattle Pacific University, Seattle

**Professional Memberships and Licenses**

- Clinical Fellow American Association for Marriage and Family Therapy (AAMFT)
- Clinical Fellow Washington Association for Marriage and Family Therapy (WAMFT)
- Certified Sandplay Therapist and Teacher (CST-T)
- Clinical Teaching member Sandplay Therapists of America (STA) and International Society for Sandplay Therapy (ISST)
- Co-founder and member of Northwest Sandplay Therapists (NWST)
- Member Jungian Psychotherapists Association (JPA)
- Member Northwest Alliance for Psychoanalytic Study (NWAPS)
- Licensed Marriage and Family Therapist (LMFT), Washington State LF00000914
- AAMFT Approved Supervisor

**Experience**

- Elementary school teacher – Lake Washington School District, Redmond
- Tutor and Educational Consultant in private practice, Bellevue
- Marriage and Family Therapist – low income clinic at Presbyterian Counseling Services, Seattle
- Family, individual and child therapist at Youth Eastside Services, Bellevue
- Family, couple, individual and child therapist in private practice since 1997, Bellevue
- Guest presenter for the Mother's Circle retreat, sponsored by Kindering Center (a birth-3 center)
- Presenter at the STAISST sponsored Sandplay in Switzerland Intensive, 2007
- Presenter at the Northwest Sandplay Therapists Gathering, 2007
- Presenter at the Sandplay Therapists of America National Conference 2008 and 2014
- Guest presenter – Sandplay Therapy and Working with Children – for the Marriage and Family Therapy training program at Seattle Pacific University, Seattle, 2008
- Presenter – Weekend Intensive *Sandplay Therapy in the Treatment of Children and their Families*
- Presenter of Workshops on Sandplay Therapy and Attachment, Trauma, Life Transitions, etc.
- Partner in marriage for 45+ years; in parenting for 35 years

### Therapeutic Approach

My therapeutic approach draws on a number of theories and models practiced in the field, including, but not limited to: family systems; Jungian analytic work – dream work, active imagination/trance work, sandplay therapy; psychodynamic; object relations; internal family systems and narrative. The utilization of a therapeutic model or intervention is based, in part, on your personal goals, temperament and what we agree works best for you in meeting your goals. My work with you emphasizes a collaborative model, becoming more directive only as need may arise, in designing plans that will move you toward desired outcomes. The course of your therapy will be informed by your personal and familial values, beliefs, ethnicity and life experience.

### Statement of Philosophy

My primary orientation is developmental and integrates Jungian psychology and family systems theories, taking into account the family life cycle and the transitions being made by both you and your family system within that cycle. I operate from the assumption that you are both a *product of* and an important *influence in* your family and relationship networks. Since patterns of relating are often replicated throughout our lives, your therapy may make use of this natural repetition to point the way to resources and experiences you might access to alter undesirable patterns and powerfully impact your life in ways that are of most concern to you. I consider the strengthening of a person's sense of self to be integral to the strengthening of the relationships in which you participate. I view my role as therapist to be one of supporting, guiding, mentoring, coaching and respectfully challenging you throughout your process of growth, development and change in a protected space where you may freely explore the issues you've identified, in collaboration with your therapist, as being the focus of your therapeutic endeavors.

If you participate in the spiritual dimension of life, I invite you to incorporate your beliefs in your therapeutic process.

If at any time you have questions about what you've understood me to say, concerns about my methods or any other aspect of your therapy, it is important to your process that you find a way to voice them with me. Such inquiries, and the conversations they may inspire, are integral to a meaningful development toward your therapeutic goals and potentially pivotal in the growth process.

### Information provided by the State of Washington

The state of Washington has employed the Counselor Credentialing Act, the purpose of which is to provide protection for the public health and safety and to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.

Counselors practicing for a fee must be **licensed** with the Department of Health for the protection of the public health and safety. Registration [as opposed to licensure] of an individual with the department does not include recognition of any practice standards, nor necessarily implies the effectiveness of any treatment.