



How I Work & My Background

How I Work

Welcome to my practice. I want to share with you a little bit about who I am, how I work, and what you will need to do to make the changes you are looking for in your life. I have traditional training in psychotherapy but found it was not affective in people making lasting changes. People would often get insights about themselves but still could not make changes or were forcing themselves to act differently, which did not feel authentic. I began studying body-centered psychotherapies and other non-traditional forms of treatment. I have discovered that making changes physically, emotionally, psychologically, cognitively and spiritually produce organic changes for people that last. All areas need to be addressed.

I see myself as a facilitator of your process. I cannot make changes for you. Only you can make changes for yourself. My role is to look for what you cannot see in yourself that blocks you from changing, to help you learn how to discover these for yourself, and to give you tools and practices that can assist you in making changes.

What does this mean for you?

This means you will have to actually make the changes. To do so you will need to do a number of things.

1. You will need to make a commitment to yourself to attend weekly therapy. Later, as you progress and changes are occurring and sustained, you will be able to cut back and eventually finish. I cannot tell you how long this will take. It depends on a lot of factors, ie: what resources you already have, how your nervous system responds, and how consistent you are in your daily practice and attending sessions.
2. You will have to make yourself a daily priority or at least be working actively on the intention of making yourself a priority. This means you will

need to make time for basic self-care and to practice activities you receive in session. Where you focus your attention and intention is where you will make changes. If you do not do the work, you will not make the changes you are looking for.

3. You must practice daily the activities I give you in session. They are designed to facilitate change. Seventy-five minutes a week in my office is not enough to fully integrate new abilities. Just like any new skill, to be successful and automatic, it has to be practiced until it becomes automatic. The activities I give you don't have to take large amounts of time. If you are someone who has trouble with committing to yourself that is ok. That will be the first goal. Just know the more you do on your own the faster you will progress.
4. You will need to track what changes occur in your life. What gets easier and what difficulties arise. What gets better shows you your progress. What comes up that is difficult for you to handle shows us what else needs work. Since I cannot be with you in your daily life to observe changes, I will have to rely on your self-observations to guide me in what you have accomplished and what still needs attention.

The beginning of our work together will be history taking, treatment planning and assessment of your resources and preparation for clearing work. Together we will assess where you are in regard to self-awareness and internal resources. I say together because as you do the activities you will learn right along with me. I will be empowering you to become more self-aware and have the internal resources you need to deal with daily life. There are activities to do in the office and at home to assess where you are at and strengthen these areas, if needed. This means these are tools you will have at your disposal for the rest of your life. From there we will look at specific patterns you would like to change and traumatic material you would like to clear.

After we finish the History Taking and Preparation Phases we will move into the Assessment and Desensitization Phases, targeting specific patterns and life issues. I have been trained in a variety of both traditional and non-traditional approaches for change. I find it useful for you to experience more than one so you know what is available. I can describe them, but you will not have an accurate understanding of them until you actually experience them. This also gives us some flexibility in how we design this phase.

If you are seeking reimbursement from your insurance company it is important for you to know that they will not cover the non-traditional approaches and often do not cover traditional approaches. They have become more restrictive in what they will or won't cover. Some non-traditional approaches are allowed under psychotherapy and some are not. If you are interested in my services that are listed under my Holistic Wellness offerings, they require separate appointments and billing from psychotherapy appointments.

My License

Washington State Licenses: Licensed Mental Health Counselor - LH00003481

Education/Training

Body Code March 2020

Emotion Code December 2019

Matrix Energetics - Unplugged & Intuitive Awareness Intensive December 2013

Vertical Reality 201 - University of Integrated Sciences October 2013

Matrix Energetics - Fundamentals October 2013

Vertical Reality 101- University of Integrated Sciences April 2013

Access Consciousness® Facilitator Training August 2011 & 2012

Access Consciousness® BARS May 2010

Access Consciousness® Body Processes April 2010

TAT Basics Workshop October 2009

Self Identity through Ho Oponopono Basic Class October 2007

Lifespan Integration Advanced Workshop October 2006

Language of Mastery Instructor Training September 2006

Outcome Facilitator Training September 2006

Mastery of Facilitation 301 August 2006

Mastery 201: Embodying Conscious Language August 2006

Bodies of Earth Cells of God -

Molecules, Miracles, Passion & the Unity Field July 2006

Matrix Energetics Level 1& 2 February 2006

Lifespan Integration November 2003

Bodydynamic Foundation Training March - June 2001

Critical Incident Stress Management November 1995

EMDR Facilitator Training March 1995

The Hakomi Method (A Body Centered Psychotherapy) Sept. 1991 - April 1993

EMDR Level II (Eye Movement Desensitization Reprocessing) August 1991

EMDR Level I June 1991

Human Services Management Training Sept. 1985 - June 1986

M.A. Psychology, Antioch University September 1982
B.A. Sociology/Social Work Certificate June 1977

This is just a sampling of the kinds of training I have sought out over my career. There are many more that I may also pull from. I began studying alternative treatment options after finding, for many of my clients, they were not getting results from the more traditional modalities.

Modalities I Use

I start with Somatic & Energetic Resourcing™ activities for assessment. From there I may add in a variety of activities to build a core foundation for you, ie: practicing the resourcing activities, HeartMath, breathing activities. Once you have a core, stable foundation we can look at targeting and clearing patterns and traumatic material. I will pull from a number of the above list depending on what is useful and what your system can tolerate. This can include, EMDR, TAT and other tools I have created myself. Some of these you can learn to do and use on your own between sessions to further your progress.

If you are coming in for EMDR therapy, it is important to know that EMDR is an 8-phase therapy. This includes an History Taking and Preparation phase. Some people get overwhelmed by the desensitization in EMDR because it brings up whatever was experienced at the time of the event, both physically and emotionally. It is essential that you have some core stability; tools for managing strong emotions; clear communication with me; enough trust and safety with me to get through any difficult material.

The Preparation phase is designed to identify if these are all in place and to prepare you for the Reprocessing Phases of EMDR Therapy, including what could come up and how to handle in both in my office and in between session. These two phases can take between a couple of months to years depending on your circumstances. They cannot be rushed. We will be following your nervous system's timing and pacing, not how you think things should go. This is to protect you from potential re-traumatization.

EMDR Therapy includes all other therapies that will prepare you for the Assessment and Desensitization Phases. You will be doing EMDR therapy even if we have not yet gotten to the reprocessing phases. This is why I will be using and teaching you other modalities as well. You will be able to begin the change process and learn to use tools in between sessions.

All appointments are done via Telehealth on HIPPA Compliant Platforms.

You must be technically savvy enough to use the platforms. There are good instruction videos and written instructions on those platform's sites. You can visit my webpage: transformativespirit.com/vid to get details on how to download the programs and links to each of their websites for details on how to set up their platforms.

To join a Telehealth visit you must have:

1. Adequate internet speed, hard wired into your computer is best but Wi-Fi will work if there are no other people using it at the same time.
2. A headset (earbuds that work with your computer are good enough).
3. A computer fast enough to run the video conferencing platform.
4. A private place where others will not hear or see you during your appointment.
5. A location quiet enough for us to hear each other clearly. Microphones pick up background noise very easily.

It is best that you are on a computer or tablet for an appointment. Phone screens are often too small especially if I am sharing information, you may need and that you may wish to download for yourself. I often use the chat box to share links or documents with you with added resources that can be helpful for you.

I acknowledge that I have read and fully understand these policies. I agree to the above and all of my questions have been answered.

To sign click the Fill & Sign icon to the right. If it is not there click find tools at the top of the column. Click Sign at the top of the page to apply the signature and fill in the date.

Client Signature: _____ Date: _____

Parent/Guardian
Signature: _____ Date: _____
(If under 14yo)

Therapist
Signature: _____ Date: _____