



Northwest Creative Therapy LLC

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DESCRIPTION OF PRACTICE

I am a registered, board certified art therapist. I hold a masters degree in Art Therapy Counseling from Marylhurst University. I have been a professional therapist since 1996, and have worked with a variety of clients in that time. My primary focus has been youth and families, working in outpatient settings. I have addressed a variety of issues, including depression, family conflict, grief and loss, past sexual abuse, at-risk adolescent behaviors, families in crisis, and struggle with self-concept. My current practice also includes working on infertility issues and the unique sense of grief and loss this can elicit.

I utilize an eclectic theoretical framework, though have extensive experience utilizing cognitive behavioral techniques. My initial training focused on a psychodynamic orientation, and still informs the work I do with clients.