

Connections Counseling, LLC

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Disclosure Statement

Welcome to Connections Counseling, LLC. I am a Licensed Professional Counselor in the state of Alaska. I earned my Bachelor's Degree in Psychology from the University of Alaska Anchorage (UAA) in 1998. After working as a Case Manager for residential teens, a Social Worker, an Adjunct Professor for UAA's Psychology Department and as a Research Associate for KidsCount Alaska I returned to UAA to earn my Master's Degree in Clinical Psychology, which I completed in 2010. After graduation I began working in the Chemical Dependency and Mental Health fields. In the Fall of 2011 I again returned to UAA to earn my Graduate Certificate in Children's Mental Health while I was the Clinician for an adolescent boy's residential program.

Over the years I have worked in a variety of fields and with diverse populations which allows me a broader understanding of the issues that individuals and families are facing today. While working on my Master's degree I became focused on Complex Trauma and how it affects children, adults, behavior, relationships, and development. Most of my clients over the years have experienced trauma and many are unable to move forward with their lives without professional assistance. I have also worked with numerous clients who are, or have, struggled with chemical dependencies and the difficulties they find with maintaining sobriety. Another population that I have worked extensively with those in the legal system from juvenile offenders to individuals serving long-term sentences. I have also worked extensively with Alaska Native youth and adults from both urban and rural villages. In addition, I have some experience working with youth diagnosed with Asperger's and adults diagnosed with Schizophrenia.

In my practice I provide outpatient psychotherapy for individuals, couples, and families at a rate of \$225 per therapy hour using techniques such as Cognitive Behavioral Therapy (CBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Narrative Therapy, Motivational Interviewing, Solution Focused, Guided Imagery, Mindfulness, Client Centered Therapy, as well as Art Therapy techniques, and Family Systems Therapy.

“This information is required by the Board of Professional Counselors which regulates all licensed professional counselors”.

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