

Kelly Tormey Bio

Part of the human condition includes suffering. At times, life's transitions include stress and pain in addition to joy. I work with clients within a collaborative and positive environment that is free of judgement. I guide people to examine their strengths while learning new strategies to reset negative thought patterns that affects emotions and behaviors. I welcome the opportunities to learn from clients and teach them the skills that will foster healthy relationships in their lives. Mostly, I want to help clients learn to be compassionate with themselves to gain self-acceptance.

I have visited 17 countries which has given me a valuable understanding and sensitivity of numerous cultures, ethnicities, and lifestyles while learning that every person has their own unique culture. My personal background as a child of divorce, living in a blended family, and being a spouse and parent has contributed to a broad understanding of the complex dynamics in family life.

I have a Master Degree in Counseling from Gonzaga University in Spokane, Washington and a Bachelor of Science in Education from Washington State University. I am a member of the National Board of Certified Counselors and the American Counseling Association. My clinical experience includes counseling women in transition dealing with issues such as anxiety, depression, PTSD, co-dependency, domestic violence, substance abuse, and grief and loss. In private practice I work with individuals, couples, and families. I accept children age six to 10, adolescents, and adults.

Office Hours: Monday and Tuesday 9:00 am to 7:00 pm
Wednesday 8:00 am to 3:00 pm

Rates

Intake: \$115.00 for 75 min session
Individuals: \$75.00 per 50 min session
Couples: \$85.00
Families: \$95.00

I accept payment at service and willing to negotiate with sliding fee.