

Jennifer E. Harris, LMFT
Individual, Couples, and Family Therapy

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Washington State

Disclosure Statement

Education

- Bachelor of Science in Psychology degree – University of Washington, Seattle
- Master of Science degree in Marriage and Family Therapy – Seattle Pacific University, Seattle
 - including 2 years intensive clinical training and supervision
- Post-graduate training and certification in various modalities and theories, including:
 - Adlerian Psychology – Puget Sound Adlerian Society, Seattle
 - Lifespan Integration – Lifespan Integration, Peggy Pace and other certified instructors, Seattle

Professional Memberships, Credentials and Licenses

- Licensed Marriage and Family Therapist (LMFT), Washington State License number LF00002535
- Clinical Fellow American Association for Marriage and Family Therapy (AAMFT)

Experience

- Child Advocate and Registered Counselor, Community/Crisis Care for Children, Seattle
- Case Manager, Olive Crest Foster and Adopt Services, Bellevue
- School Therapist, Bellevue elementary schools, Bellevue
- Family, individual and child therapist at Youth Eastside Services, Bellevue
- Family, couple, and individual therapist in private practice since 2004, Bellevue

Therapeutic Approach

My therapeutic approach is informed by a number of theories and models practiced in the field, including, but not limited to: 1) family systems therapy, 2) Adlerian Psychology, 3) internal family systems, LifeSpan Integration, and cognitive-behavioral therapies. My work with you emphasizes a collaborative model (becoming more directive only as need may arise) that supports and guides you in:

- a) becoming more aware of dynamics at play in your life that may be causing you emotional pain, and
- b) developing ways of influencing those dynamics as to create a working relationship with them, thus
- c) moving you toward more empowering outcomes.

Statement of Philosophy

My primary orientation is developmental and integrates Adlerian 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 or issues generated by these 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 discuss 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. In addition, you may decide that you'd like to continue your work with another therapist or to conclude treatment in my practice, and it is understood that these decisions are yours to make.

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.