

Jamila Coleman, MA, MSW Candidate, LAAC, CC, LMHCA, HT, MHP, CMHS
Forensic Behavioral Health Expert | Beyond Damages™ Model Counselor

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Mental Health Counseling for Clients Recovering from Trauma & Psychological Injury

SUPPORTING RECOVERY BEYOND THE LEGAL PROCESS

Experiencing a traumatic event can affect much more than a legal claim. Individuals may notice changes in emotional well-being, concentration, sleep, relationships, work performance, parenting, decision-making, and overall quality of life long before their legal matter is resolved.

In addition to providing forensic behavioral health consultation to attorneys, I also maintain a private practice serving individuals recovering from psychological injury, trauma, and other life-altering experiences. My clinical work focuses on restoring daily functioning, emotional regulation, and meaningful engagement in life through evidence-informed, trauma-responsive counseling.

Whether the injury resulted from a motor vehicle collision, workplace incident, medical event, discrimination, violence, institutional harm, or another traumatic experience, counseling can provide a structured space for recovery while the legal process continues.

AREAS OF CLINICAL FOCUS

- Psychological injury following a traumatic event
- Post-traumatic stress responses
- Anxiety and excessive worry
- Depression and low mood
- Persistent rumination and repetitive negative thinking
- Emotional regulation difficulties
- Functional decline following injury or trauma
- Adjustment to life-changing events
- Institutional or systemic trauma
- Grief, loss, and major life transitions

THERAPEUTIC APPROACH

- Acceptance and Commitment Therapy (ACT)
- Behavioral Activation (BA)
- Cognitive-Behavioral Hypnotherapy (CBH)
- Narrative Therapy
- Restorative Somatic Practice, when clinically appropriate
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Treatment emphasizes restoring functioning, reducing trauma-related distress, strengthening psychological flexibility, interrupting rumination patterns, and reconnecting with values-driven living.

RATES

\$100.00/ 50 minutes; in-person (Tacoma/Spanaway area) or virtual. I do not offer sliding scale or reduced rates, as my rate is already reduced. Payment is due at time of appointment schedule. Visit my website for a list of commercial and Medicaid insurance payers I accept.

PERSONAL INJURY CASES

For eligible personal injury matters, I am open to exploring medical or personal injury lien arrangements that may allow clients to begin counseling while their legal matter is pending. These arrangements are considered on a case-by-case basis, require attorney participation and appropriate documentation, are subject to clinical appropriateness and practice policies, and do not guarantee acceptance or deferment of payment.

IMPORTANT PROFESSIONAL BOUNDARIES

If I establish a therapeutic relationship with an individual, I cannot subsequently provide forensic behavioral health consultation, expert opinion, or expert testimony in the same legal matter. Likewise, if I have been retained as a forensic behavioral health consultant on a legal matter, I will refer that individual to another qualified behavioral health provider should counseling services become appropriate.

REFERRALS

Referrals are welcome from attorneys, healthcare providers, community agencies, and self-referrals.

ABOUT JAMILA COLEMAN

Jamila Coleman is a psycholegal counselor and educator with more than two decades of experience serving individuals and families affected by trauma, systems involvement, and behavioral health challenges. She earned a Master of Arts in Social Justice Counseling from Antioch University and is completing her second master's degree in Social Work at the University of Washington (anticipated Spring 2027).

Her practice integrates Cognitive-Behavioral Hypnotherapy (CBH), Behavioral Activation, Acceptance and Commitment Therapy (ACT), Narrative Therapy, Trauma-Focused CBT, and restorative somatic practices to support recovery following psychological injury and trauma.

CLINICAL DISCLOSURE

Counseling services are provided solely within the context of a therapeutic relationship and are intended to support the client's behavioral health and recovery. Counseling is not conducted for litigation purposes and should not be interpreted as a forensic opinion regarding legal issues, causation, liability, damages, disability, or credibility.

Individuals receiving counseling from Jamila Coleman are not eligible to receive forensic consultation or expert services from her regarding the same legal matter due to ethical standards governing dual relationships and role conflicts.