



## Professional Disclosure Statement

### *Marykathleen Tihinen, MA, LMHC, CDPT*

Also known as 'Marykate' or 'Mk'

Masters of Art (MA) in Counseling Psychology from Bastyr University

Graduate Certificate in Addiction Studies from Eastern Washington University

Licensed Mental Health Counselor (LMHC), License #LH60926764

Chemical Dependency Professional, Trainee (CDPT), License #CO60792163

### Experience & Trainings

Marykate has been working in the mental health field since 2014. She began her career working at Ryther, a subacute inpatient care facility for high risk youth. She completed a clinical rotation at the Bastyr Clinic for Natural Health providing counseling to adults, and her Master's level practicum at Youth Eastside Services (YES.) Marykate was then hired on at YES where she provided counseling, and mental health services in schools, and in an outpatient setting to youth and teens aged 10+ as well as families. While working at YES, Marykate also co-lead DBT skills groups and provided substance use counseling. She worked at Cadence Child and Adolescent Therapy as a Dialectical Behavior Therapist (DBT) co-leading weekly multi-family skills group, and providing comprehensive DBT treatment and Cognitive Behavior Therapy (CBT) to young people ages 13-22. She has also worked at Sea Mar Behavioral Health as an adult and teen mental health therapist to address a wide variety in presenting concerns including but not limited to bipolar disorder, depression, anxiety, post traumatic stress disorder, perinatal mood disorders, and high risk behaviors such as substance abuse, self harm and suicidal ideation.

Marykate has specialized training in trauma-focused cognitive behavior therapy, exposure therapy for anxiety related disorders, Gottman Level 1 training for couples counseling, Cognitive Behavior Therapy through Harborview, Dialectical Behavior Therapy Level 1 training, as well as her coursework to obtain her graduate certificate in addiction studies. Marykate works to maintain knowledge regarding evidence based mental health care, and it is a value of hers to educate her clients as well as help them in their journey to better, more effective functioning in their everyday life.

### Treatment Style

**Orientation:** Relationship-focused, individualized, collaborative, whole-system, skill-building

**Modality:** Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), parent behavioral training, Gottman Method

### Course of Treatment

Starting treatment, and throughout, it is important that we fully understand the reason the client is coming to counseling and that the client is safe. I call this, **Assessment & Stability Planning**. This is the foundation to our work and starts from the assessment session on day 1. The focuses are on identifying



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any concerns of stability (meeting basic needs) and assessing the concerns that brought them to therapy. Basic needs include physical safety, nutrition, medical care, proper hygiene, etc. Resources will be given and goals will be created around keeping and/or maintaining this stability. The therapist and client will work to understand any patterns of symptom frequency, intensity and/or duration. The therapist will continue to assess symptoms (both observed by therapist & reported by client & parent) and prioritize stability throughout the course of treatment.

The first phase of my course of treatment is **Building Comfort & Creating Treatment Goals**. This phase is typically the first 3-5 sessions, which include building trust & rapport, learning about the diagnosis/symptoms, and creating goals for treatment.

The second treatment phase is **Addressing Treatment Goals**. This is the bulk of the client's treatment, usually lasting 8-15 sessions. During this phase, the therapist will teach the client interventions that are aimed at improving symptoms and reaching treatment goals. It is the client's job to try these interventions and provide feedback on their effectiveness. This is important because there is no "one-size-fits-all" intervention.

The third phase is **Completing Treatment Goals**. A very exciting part of treatment is when the client has met the treatment goals. This phase usually last 1-3 sessions to create a discharge plan and plan to maintain progress. On your last day of treatment we will do a graduation to celebrate your hard work and success!