

CHRISTY ADAMS, MA, LMHC

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SUMMARY OF EXPERIENCE AND THERAPEUTIC APPROACH

Clinical experience working with children, teens, and adults, individually, in groups, and family modalities. My therapeutic approach is based upon empowering clients to live their lives to the fullest. I most often use family systems and cognitive behavioral approaches, and believe change is possible through an exploration of feelings, thoughts, behaviors, personal history, and choices. Particularly experienced in working with relationship issues, anxiety, depression, trauma, and culturally diverse populations.

QUALIFICATIONS AND STRENGTHS

- Comprehensive assessment skills and treatment planning, helping clients focus on realistic goals and change.
- Strong team player, often providing support and collaboration to other staff. Professional demeanor with appropriate boundaries.
- Sees clients as whole people, recognizing the many dimensions that impact quality of life. Flexible in responding to client needs and personalities.
- Broad range of experience with clinical issues such as; relationship issues, parenting, anxiety, depression, bipolar disorder, trauma, culturally diverse populations, sexual minority populations, chronic health issues, weight management, anorexia, substance abuse, vocational concerns, coping skills, and social skills.
- Engaged in yearly continuing education workshops in many different areas of mental health treatment. Sampling of topics of workshops attended: Anxiety, personality disorders, couple's therapy, suicide risk assessment, ethics, sexual abuse, domestic violence, motivational interviewing, Dialectical Behavioral Therapy, Cognitive Behavioral Therapy for eating disorders, CBT for psychosis, clinical supervision, and ADHD.
- Licensed Mental Health Counselor. Credential Number: LH 60273031

PROFESSIONAL EXPERIENCE

Mindful Therapy Group, Seattle, WA *June, 2015 to Present*
THERAPIST. Individual, couples, and family counseling in group private practice setting to clients with a range of concerns including, but not limited to: Depression, anxiety, and other mood disorders, adjustment and transitional challenges, trauma, and relationship and parenting issues.

Sound Mental Health (formerly Seattle Mental Health), Seattle, WA *June, 1996 to Present*
THERAPIST. Individual, couples, and family counseling in outpatient child and family program, now Adult Services. Experience also includes conducting assessments, case teaming, agency and King County required paperwork, and case management. Knowledgeable about managed care. Continuing to build client natural support systems by utilizing family and community resources.

Western Washington University, Bellingham, WA *September, 1994 to June, 1995*
MENTAL HEALTH PRACTICUMS. Individual, family, and group counseling under supervision of psychologists. Range of counseling issues included areas such as; grief and loss, communication and relationship issues, and career counseling.

Seattle Mental Health, Seattle, WA *September, 1991 to August, 1994*
THERAPEUTIC AIDE. Part-time position in the children's day treatment center. Individual support of children within a therapeutic preschool classroom. Therapy focused on various developmental, emotional, and psychological issues.
VOLUNTEER. Co-leader of therapy group for sexually abused children focused on personal safety, and helping the children gain a better understanding of abuse. Individual child counseling addressing sexual abuse issues and recovery from neglect and abuse.

University of Washington, Seattle, WA *January, 1992 to December, 1992*
STUDENT RESEARCH ASSISTANT. Research for Dr. John Gottman, world renowned for his work on marital stability and divorce prediction. Analyzed and coded various dimensions of couples discussing their marriage and their philosophy of marriage. Also worked on finding supporting quotes for Dr. Gottman's publications.

University of Washington, Seattle, WA

January, 1991 to June, 1991

STUDENT RESEARCH ASSISTANT. Coded vocalizations and facial expressions of videotaped infants, and analyzed research data for Dr. Andrew Meltzoff, psychologist and an internationally recognized expert on infant and child development.

EDUCATION

Antioch University, Seattle, WA

January, 2005 to March, 2008

Master of Arts in Child, Couple, and Family Therapy

Course work, case consultations, and full year internship completed in program with a multidimensional approach promoting values of ethical practice, social responsibility, cultural diversity, and self-exploration.

COAMFTE accredited (Commission on Accreditation for Marriage & Family Therapy Education)

Western Washington University, Bellingham, WA

September, 1994 to June, 1996

Course work, practicums, and full year internship completed in Master of Science, Mental Health Counseling Program. CACREP accredited

University of Washington, Seattle, WA

September, 1988 to June, 1992

Bachelor of Science in Psychology, Cum Laude