



Trauma Informed Therapies, PLLC  
A Refuge: Trauma Informed Therapies  
Addendum to the WA Counselor Disclosure Statement

Trauma Informed Therapies  
222 W Mission Avenue, Suite 122  
Spokane, WA 99201

*The State of Washington requires us to disclose the following information to you about the providers you may be working with at Trauma Informed Therapies.*

**Mary Ann Baker, MA, LMHCA** *Licensed Mental Health Counselor Associate in the State of Washington (MC60858864)*

I am a Licensed Mental Health Counselor Associate in the state of Washington. I received a Bachelor's Degree in Psychology in 2014 from Liberty University. I graduated with a Master's degree in Professional Counseling in 2017 from Liberty University. I specialize in working with adults and adolescents who are experiencing relational issues, depression, anxiety, low self-esteem, or trauma. Coming from central Virginia in 2017, I have worked within several different cultural climates. I aim to work with my clients to create a more congruent sense of self within their unique worldview. It is my privilege to collaborate with clients to implement the needed skills to experience satisfaction in daily life. I have been trained in Cognitive Processing Therapy (CPT) for the treatment of PTSD and often use dialectical behavioral therapy (DBT) as a framework for the therapeutic relationship.

**Heather Hart, MSW, LMHC** *Licensed Mental Health Counselor in the State of Washington (LH 61046631)*

I am a Licensed Clinical Social Worker Associate who specializes in treating trauma. I have been trained in trauma focused modalities such as Eye Movement Desensitization and Reprocessing Therapy (EMDR), Common Elements Approach (CETA), Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Suicide Intervention Skills TRAINING (ASSIST) all of which I tailor to keep client focused and strengths based. I believe that healing the mind, body and spirit are often intertwined and strive for my approach to always be empathetic. Our work together will be a partnership which will maintain respect, compassion and consideration at all times.

**Tierra Leonard, MA, LMHC** *Licensed Mental Health Counselor in the State of Washington (LH60886956)*

I am a Licensed Mental Health Counselor Associate in the State of Washington. I received my Bachelor's Degree in Biology from Northern Arizona University in 2010. I received my Master's Degree in Counseling from Northern Arizona University in 2015. I specialize in working with people who are experiencing the difficulties associated with anxiety, depression, grief, and trauma. I have completed EMDR basic training and am a Certified Clinical Trauma Professional. I am also a Compassionate Bereavement Care Provider certified through the MISS Foundation, the Elisabeth Kubler-Ross Family Trust and the Center for Loss & Trauma to provide counseling for traumatic grief. I use a wide range of techniques to provide guidance as I walk alongside my clients but am especially focused on using mindfulness and self-compassion based techniques to create harmony in the mind-body connection.

**Amanda Manning, MA, LMHC** *Licensed Mental Health Counselor in the State of Washington (LH60702786)*

I am a Licensed Mental Health Counselor in the State of Washington. I received my Bachelor's Degree in Psychology from the University of Houston in 2005. I received a Master's Degree in Forensic Psychology from Marymount University in Arlington, VA in 2006 and a Master's Degree in Counseling from Marymount University in Arlington, VA in 2010. I specialize in working with adults experiencing depression, anxiety, trauma and grief. I have completed training through Perinatal Support International to provide therapy to women and men struggling with post-partum issues. I have received Level 1 training from the Gottman Institute to help couples manage conflict. I am also trained in EMDR. I have a solution focused strengths-based

approach and use cognitive behavioral therapy as well as motivational interviewing techniques. I am a Registered Yoga Teacher (RYT 200) and am passionate about focusing on the mind and body connection.

**Jacqui Nelson, MA, LMHC** *Licensed Mental Health Counselor in the State of Washington (LH60945013)*

I am a Licensed Mental Health Counselor in the State of Washington. I received my Bachelor's Degree in Psychology from Whitworth University in Spokane, WA in 2014. I received my Master's Degree in Counseling Psychology from The Seattle School of Theology and Psychology in 2017. I have experience working with adolescents, men, and women of all ages. Utilizing evidence-based interventions as a psychodynamic therapist, I desire to create an interpersonal space that allows for present-moment interaction which can help you work through difficulties in your life. I believe that by engaging your personal story and discussing themes and patterns that emerge that this will bring insight into the ways in which you have struggled. I seek to provide support and treatment for those suffering from depression, anxiety, PTSD, sexual trauma, grief.

**Calla Powrie, MS, LMHC, CMHS** *Licensed Mental Health Counselor in the State of Washington (LH60501097)*

I am a Licensed Mental Health Counselor and a Child Mental Health Specialist in the State of Washington. I received my Bachelor's Degree in Psychology from Hillsdale College in 2009. I received my Master's Degree in Clinical Psychology from Eastern Washington University in 2011. Although I am skilled in helping individuals of all ages, I particularly enjoy helping families and couples. Often times, life stressors and problems within our significant relationships are what prompt us to seek additional support in the form of therapy. Similarly, when we experience emotional distress, it typically impacts important relationships and environments, including friendships, school and work. It is my goal to help individuals and families explore and solve their relational, emotional and behavioral concerns. My style of therapy is focused on symptom reduction rather than diagnoses or labels, and on improving one's overall health and quality of life. In this way, I view health in holistic terms--noting the importance of focusing on the whole person. This may mean addressing a variety of stressors, including physical health, emotional distress, and spiritual needs among other possible concerns. I utilize therapeutic techniques from a variety of theories including Interpersonal Psychotherapy, Attachment, Cognitive Behavioral and Solution Focused. In my work I collaborate with clients to determine each individual's unique strengths, needs and goals. This means that therapeutic interventions are tailored to what you need, and this may change throughout treatment. While at times a client may benefit from traditional talk-therapy, at other times he/she may benefit from a therapeutic activity, such as an expressive art therapy project or nondirective play therapy. I seek to provide an effective balance of support and gentle challenging to help clients develop skills in order to cope with and solve their life problems. I tend to speak directly and openly, and often use humor in my therapeutic work.

**Christine Russo, MSW, LICSW** *Licensed Independent Clinical Social Worker in the State of Washington (LW60888074)*

I am a Licensed Independent Social Worker in the State of Washington. I received my Bachelor's Degree in Psychology from the State University of New York at Cortland in 2011. I received my Master's Degree in Social Work (MSW) from Adelphi University in 2014. Born and raised in New York City I am a recent Spokane transplant with a passion of working with people from all walks of life. I believe that it is my job to understand the unique and individual backgrounds of each client to provide personalized treatment and empower individuals to live their lives as they envision. I am trained in EMDR to help those work through trauma on all spectrums and often work from an Acceptance and Commitment Therapy (ACT) perspective. I look forward to working together to develop a stronger sense of identity and rediscover the joy of life.

**Amanda Salisbury, MSW, LICSW** *Licensed Independent Clinical Social Worker in the State of Washington (LW00009539)*

I am a Licensed Independent Clinical Social worker in the State of Washington. I received my Bachelor's Degree in Communication Studies from Eastern Washington University in 1999. I received my Master's Degree in Social Work from Eastern Washington University in 2004. I specialize in working with adults who have experienced trauma and are looking for ways to reduce the negative impact it has had including relationship problems, anxiety, and/or PTSD symptoms. Types of trauma that I have significant experience with are sexual abuse, physical abuse, and war related trauma. I am trained in the top three evidences based best practices for the treatment of PTSD: EMDR, Prolonged Exposure, and Cognitive Processing Therapy for PTSD.

**Cathy Wines, MA, LMFT** *Licensed Marriage and Family Therapist in the State of Washington (LF60846087)*

I am a Licensed Marriage and Family Therapist in the State of Washington. I received my Bachelor's Degree in Social Work from Indiana University in 1993. I received my Master's Degree in Marriage and Family Therapy from Saint Mary's University

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of Minnesota in 2014. I enjoy collaborating with others to overcome challenges, improve relationships, and cultivate a more purpose-filled life. My experience includes working with individuals, couples, and families dealing with relationship challenges, parenting concerns, depression, anxiety, grief, trauma, and/or low self-esteem. In addition to my Masters in Marriage and Family Therapy Degree I have certificates in EMDR Basic Training (Parts 1 & 2) and EMDR & Children: Utilizing Play Therapy Techniques. I have a life coach certification from Life Purpose Coaching International and certification in Prepare-Enrich pre-marital/marital counseling.