



Life strategy and
relationship counseling
for couples, families
and individuals

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*Dr. Phil spoken here
male friendly
therapy*



Heather J. Johnson M.A.

Individual, Marriage & Family Therapist

To schedule an appointment, please call: (360) 820-2934.

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"There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom." -Anais Nin

Fostering Transformation

I work with **individuals, couples and families**. My approach to the therapeutic process draws from philosophies and models that **value relationship, honesty, self-responsibility, direct communication and the connection of the mind, body, spirit and emotions**.

I value **direct, interactive relationships** with my clients. Therefore, I take a dynamic approach with clients, believing that energetic interactions and feedback are essential in supporting learning, growth and transformation. I work in **partnership** with clients, paying careful attention to the **clients' concerns** and working in partnership to discover and create **new possibilities**.

Typical concerns I work with include but are not limited to: **depression, anxiety, addictions, eating disorders, Post-Traumatic Stress Disorder, couple and marital issues, family concerns, work stress and "meaning" issues**.

I use a variety of therapeutic models committed to transformation by way of addressing the **"whole person" - mind, body, spirit and emotions, self-discovery through relationship, imaginative solutions and personal growth**.