

State of Washington Disclosure Statement

Bobbi Edwards CDP GIC

License # CL60148033

State of Washington Certified Counselor

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This statement provides information about the counseling provided and offered to assist clients in choosing the counseling and provider, which best suits their needs.

Education and Certifications

- Chemical dependency counselor through the University of Arizona – 1972
- Washington State Certified Chemical Dependency Counselor – 1974
- NAADAC/NCAC Certified – National Association – 1974
- Trainer for Alcohol and Drug School Teaching certification – 1980
- Vocational Education Certification/Teaching Parent Education – 1981
- National Association of Alcoholism and Drug Abuse Counselor (NAADAC) – 1982
- NW Indian Alcohol-Drug certification – 1987
- Academy for Guided Imagery Clinician – 1991-1992
- Registered Minister – Universal Life Church – California – 1995
- Certified Relapse Counselor – 1999
- State Certified certification – Update 2010
- Counselor Certified certification – 2011

Continued Education

Classes through Chapman College, Tacoma Community College, Seattle University, University of Washington, Seattle Pacific University, Washington State University, and Native American College. Ongoing professional education in the areas of addictions, process addiction, grief and loss, family of origin, traumas, relationships, adolescents, family, law and ethics, and a variety of other trainings that enhance my abilities.

Current Teachings

I am an instructor at Pierce College and Northwest Indian College. I was awarded an "Appreciation for My Dedication" award. I also teach in a variety of other settings in our community.

Past Teachings

Instructor at Bellevue Community College, Tacoma Community College, Native American College, Highland Community College, Pierce College in Lakewood, and for an N.A. community in Oregon.

Development of Programs and Teachings

I have developed treatment programs for adults and adolescents as well as prevention programs in our schools.

I have presented a variety of workshops and trainings for other professionals in our community in a variety of topics that deal with addictions, relationships, and grief, etc.

Boards and Committees

I have served on many boards, committees and task forces. I've held positions as director and chair persons. Currently, I am the chair person for our Region 5 wellness retreat for counselors in the State of Washington.

I have current memberships in the following:

- Washington State Chemical Dependency Professionals
- National Association of Alcohol and Drug Abuse Counselors
- Washington State Region 5 for Counselors

Certificates of Appreciation

- Evergreen Council
- Juvenile Justice Department
- Washington State Council on Alcoholism
- Tacoma School District
- Region 5 CDPWS
- NW Indian College

Past Experiences of Counseling

I have worked in both inpatient and intensive outpatient treatment settings for addictions. I specialized in families and adolescent in the first part of my career. I've always believed that working with families was an essential component in the healing of addictions and brought that component into our programs.

I started the first adolescent treatment programs and specialized in group counseling.

I was a treatment director of an inpatient treatment program for adolescents and families.

I worked in a variety of settings, and even though my focus was on addictions, I also brought in components of family of origin issues and how that affects us from childhood through our adult life.

I was a certified relapse counselor and an alcohol and drug information school trainer.

I was a co-business owner of Passages, and helped develop programs for children, adolescents and families addressing long term care and past traumas.

My Current Practice, Philosophy and Approach to Counseling

Today, I specialize in what I call "Stage II Recovery." [Earnie Larsen](#) has been a leader and author writing on this subject now for over 20 years. What he would say is that, "Stage II Recovery is the rebuilding of our life to change self-defeating behaviors helping clients heal past and current relationships with themselves and others."

My intent is to help people who are looking for deeper levels of healing.

Some of the areas I address are:

- Family of Origin
- Self defeating behaviors
- Developmental scripts and misbeliefs
- The difference between conscious and unconscious
- Stages of Development

I counsel both individuals and couples, and facilitate groups. A group setting is very healing in a supportive process. I am an advocate of the 12-step programs or any other additional support clients may need.

There are many other addictions and behaviors other than chemicals that keep us stuck in our lives, and the affects often show up in our relationships. In my practice, philosophy and approach, I utilize a variety of techniques with individuals, couples, and groups.

Some of these may include:

- Education with suggested readings and resources
- Encourage active behavior changes
- Give assignments to accomplish and achieve clients intentions
- Accountability work
- A variety of communication tools
- Help people become more aware of their feelings
- Referrals as needed
- Explore Family of Origin history through intake information and sessions
- Connect how we continue to carry our past into the present using transactional analysis understanding (Parent, adult, child)
- Guided Imagery, if client chooses

I use the same techniques with both individual and couples counseling.

I use the same process for clients who choose to do the group process as well, and I also include the following processes:

- Gestalt
- Psychodrama,
- Regression
- Energy Release Work
- And, a variety of other active pieces of work

The intent of the [group process](#) is to release past repressed experiences and have a [corrective experience](#). My hope is to guide clients, allowing them to learn to trust themselves and to ask for what they need and want, to learn how to make healthy choices and to empower themselves to have healthier relationships with themselves and others.

My overall practice is to work with clients to help them find balance in their lives. Being a client-centered counselor, I create a safe, collaborative and respectful relationship. My focus is to help people recognize how their ineffective behaviors are hurtful to themselves and others. I use a variety of therapeutic tools to help clients achieve sensitivity and awareness of

themselves and others, and to become aware of their potential and make healthy choices both personally and professionally.

I believe (and it is supported) that our first families give us our sense of self and scripts we live out of for the rest of our lives. These families modeled for us how to be in relationships with ourselves and others. If they were not able to give us what we needed as children, we tend to continue to look for those needs to be met in our other relationships as adults. This can be a very painful way of life and may lead to addictions and other obsessive/compulsive behaviors, which limit our ability to experience joy and fulfillment. Therefore, if we want to be able to function and be healthy in our lives, we must first arrest our addictions, whether we have a chemical or process addiction. Any behaviors we do, for example: busyness, avoidance, procrastinating, passive, etc. keeps us disconnected from our feelings. When we cover up our feelings we disconnect from emotional, social, and spiritual growth, which prevents us from having a whole and healthy existence.

I believe that by using a variety of techniques, along with client's own "knowing" about what works for them and their willingness, that progress can be made.

A primary goal of my therapeutic style is allowing clients to speak up for themselves, to remind them that they know what they need and how that helps them step into their own personal power. In the group setting, nurturing is also important and becomes the basis for learning healthy and unhealthy boundaries.

The educational process is based on Eric Berne's work in transactional analysis: Parent, adult and child, and Pamela Levin's and Erick Erickson's work in the developmental stages.

I welcome you to explore and bring in new awareness's into your life. I strongly encourage you to take an active part in your changes and growth in your life!

There are handouts in your packet that will help you in the understanding of my model and theories. If you have any questions, please ask.

Clients Signature and Agreement

Date

Certified Counselor's Signature

Date