

Professional Biography

Introduction

I am a passionate Deaf leader, lecturer, and licensed therapist with over 22 years of experience advocating for fairness, equality, and accessibility for Deaf, Deaf-Blind, and hard-of-hearing communities. My career has been defined by a deep commitment to empowering marginalized populations, advancing policy reforms, and providing therapeutic services that honor the unique needs of diverse individuals. Through my work as a therapist, educator, and national presenter, I have consistently championed inclusion, equity, and holistic well-being.

Early Career and Motivation

My journey began with a profound recognition of the systemic barriers faced by Deaf and Deaf-Blind individuals in accessing essential services, particularly mental health care. As a Deaf professional myself, I understood firsthand the challenges of navigating environments that were not designed with accessibility in mind. This awareness fueled my determination to pursue a career that would not only provide direct therapeutic support but also challenge inequities at the policy level.

Over the years, I have cultivated expertise in therapy approaches tailored to the Deaf, Deaf-Blind, Hard of Hearing, and Blindness populations, while also extending my services to allies such as CODAs (Children of Deaf Adults), interpreters, families, and couples. My practice embraces inclusivity, welcoming veterans, senior citizens, LGBTQIA+ individuals, people of color, and clients with developmental disabilities or memory loss. This broad spectrum of clients reflects my belief that therapy must be accessible to all, regardless of background or identity.

Therapy Specializations

My therapeutic philosophy is rooted in **elastic holistic mindfulness approaches**, which allow me to adapt interventions to the specific needs of each client. I integrate evidence-based modalities such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Rational Emotive Behavior Therapy (REBT), Emotion-Focused Therapy (EFT), Exposure and Response Prevention (EPR), and mindfulness techniques. These approaches provide clients with practical tools to manage symptoms, build resilience, and foster personal growth.

Below is a structured overview of my **specializations, therapy approaches, and typical issues/challenges**:

Specializations

- Deaf
- Deaf-Blind
- Hard of Hearing
- Hearing Loss
- Blindness populations

- CODA (Children of Deaf Adults)
- Interpreters
- Families
- Couples
- Veterans
- Senior Citizens
- LGBTQIA+ communities
- People of Color
- Clients with developmental disabilities
- Clients with memory loss

Therapy Approaches

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Rational Emotive Behavior Therapy (REBT)
- Emotion-Focused Therapy (EFT)
- Exposure and Response Prevention (EPR)
- Mindfulness techniques

Typical Issues / Challenges

- Depression
- Anxiety
- PTSD
- OCD
- Stress
- Anger
- Transitional life changes (divorce, separation, loneliness, isolation)
- Compulsive habits (gambling, pornography, drinking, smoking, cannabis use)

Clinical Practice

I provide therapy through both **telehealth and in-person sessions**, ensuring accessibility and flexibility for clients. My telehealth services are conducted via www.doxy.me, a secure and free-to-use platform that allows clients to connect from the comfort of their homes. For those who prefer face-to-face interaction, in-person sessions are available upon request.

To maintain open communication, I offer a **24-hour answering machine service** available seven days a week, with prompt return calls. However, I encourage clients to reach out via text messaging for the fastest response, as texting allows me to prioritize urgent needs more effectively than email.

Insurance and Accessibility

Accessibility extends beyond communication—it also includes financial considerations. I accept a wide range of insurance providers to ensure that therapy is affordable and available to as many clients as possible.

Insurance Accepted – Oregon

- Providence Health Plans
- Optum
- Medicare B
- Railroad Medicare
- Aetna
- Cigna
- Blue Cross Blue Shield (BCBS)
- Likewise
- Kaiser Permanente Northwest (KPNW)
- Moda Health

Insurance Accepted – Washington State

- WellPoint
- Optum
- WellCare
- Magellan Health
- Medicare B
- Cigna
- Coordinated Care
- Kaiser Permanente of Washington (KP of WA)
- Regence
- Premera
- Lifewise
- Asuris
- First Choice Health
- Ambetter
- Aetna

Employer Assistance Programs (EAP) Referrals

- Canopy
- First Choice Health
- Evernorth Health
- Lucet
- COMPSYCH
- AllOneHealth
- WorkPlace Options

By partnering with these providers, I reduce barriers to care and ensure that clients from diverse socioeconomic backgrounds can access the support they need.

Leadership and Advocacy

Beyond my clinical practice, I am a recognized leader in the Deaf and Disability Advocacy Space. For over two decades, I have worked tirelessly to champion policy reforms that promote fairness and equality. My advocacy has focused on ensuring that Deaf, Deaf-Blind, and hard-of-hearing individuals have equitable access to mental health resources, education, and essential services.

I have collaborated with policymakers, community organizations, and advocacy groups to address systemic inequities. My leadership has been instrumental in shaping initiatives that prioritize accessibility, cultural competence, and inclusivity. Whether through legislative advocacy or grassroots organizing, I have consistently amplified the voices of marginalized communities.

Lecturer and Presenter

For more than 15 years, I have served as a lecturer and presenter at national conferences, sharing insights on critical policy issues and therapeutic practices. My presentations often focus on:

- The intersection of Deaf culture and mental health
- Strategies for improving accessibility in therapeutic settings
- Policy reforms to expand mental health resources for marginalized populations
- Holistic approaches to therapy that integrate mindfulness and evidence-based practices

Through these engagements, I have educated professionals, policymakers, and community members, fostered greater awareness and understanding of the unique challenges faced by Deaf and Deaf-Blind individuals. My role as a lecturer has allowed me to influence national conversations on equity and inclusion, ensuring that the needs of marginalized populations remain at the forefront of policy discussions.

Philosophy of Care

My philosophy of care is grounded in the belief that **every voice deserves to be heard and valued**. Therapy is not a one-size-fits-all process; it must be tailored to the individual's cultural, linguistic, and personal context. For Deaf and Deaf-Blind clients, this means providing services in accessible communication modes, respecting cultural identity, and acknowledging the systemic barriers they face.

I view therapy as a collaborative journey, where clients are empowered to take an active role in their healing. By integrating mindfulness techniques with structured therapeutic approaches, I help clients cultivate self-awareness, resilience, and emotional balance. My holistic perspective ensures that therapy addresses not only symptoms but also the broader context of each client's life.

Commitment to Diversity and Inclusion

Diversity and inclusion are central to my practice. I welcome clients from all backgrounds, including LGBTQIA+ individuals, people of color, veterans, senior citizens, and those with developmental disabilities or memory loss. My commitment to inclusivity extends to allies, recognizing the importance of supporting CODAs, interpreters, families, and couples who navigate unique challenges in their relationships with Deaf and Deaf-Blind individuals.

By embracing diversity, I create a therapeutic environment where clients feel respected, understood, and empowered. This commitment reflects my broader vision of fostering a society where every individual has access to the resources they need to thrive.

Professional Impact

Over the course of my career, I have made a lasting impact on both individual clients and broader communities. My therapeutic interventions have helped countless individuals manage symptoms of depression, anxiety, PTSD, OCD, stress, anger, and compulsive habits. My advocacy has influenced policy reforms that expand access to mental health services. My lectures have educated professionals and inspired systemic change.

Together, these contributions reflect a career dedicated to empowerment, equity, and holistic well-being. I am proud to have played a role in advancing the rights and opportunities of marginalized populations, and I remain committed to continuing this work in the years ahead.

Conclusion

As a Deaf leader, lecturer, and licensed therapist, my career embodies a commitment to accessibility, inclusivity, and empowerment. With over 22 years of experience, I have championed policy reforms, provided holistic therapeutic services, and educated national audiences on critical issues. My work reflects a deep belief in the value of every voice and a determination to foster a more inclusive society.

Through therapy, advocacy, and education, I strive to create spaces where individuals feel heard, supported, and empowered to achieve their fullest potential. My biography is not just a record of professional accomplishments, it is a testament to a lifelong commitment to equity, justice, and holistic care.