

Why Psychotherapy?

Do old thought patterns and behaviors get in the way of healthy relationships and living life fully? Are you still suffering from long ago trauma such as childhood abuse, domestic violence, illness, injury, natural disaster, or war? Do you suffer from “mystery pain”?

Did you know that your mind and your body are integrally connected? Trauma can impact not only your mind and emotions; they can create physical ailments and symptoms. The effects of trauma can stay with you for years.

The mind and the body are one unit and have inherent influence over your entire system. In order to create lasting change, the entire system must be included. I provide body-oriented psychotherapy that involves the whole person.

For issues such as:

- Personal Growth
- Relationship issues
- Anxiety or depression
- Illness or pain
- Post Traumatic Stress
- Childhood abuse
- Family of origin issues
- Sexual abuse or assault
- Domestic violence
- Sexual orientation

We all have survival, coping, and healing abilities that can help us grow and thrive under many circumstances. Sometimes assistance is needed to help these abilities develop.

To schedule an appointment, call:
360-789-7025

509 12th Avenue SE, Suite 20
Olympia, WA 98501

Located off I-5 at the State Capitol exit on the corner of Jefferson and 12th Avenue in the “12th and Jefferson Building.”

For more information, go to
www.iahp.com/connections

Counseling for Adults,
Teens, and Children

*Connections -
Mind & Body*



Teresa Guajardo, MA, LMP

Psychotherapy with Teresa Guajardo, MA, LMP

My counseling philosophy honors the strengths you have and seeks to build on them. We will use a variety of approaches based on your goals and needs. I have special experience with children, teens, adults, and groups who are dealing with the trauma of sexual abuse/assault, domestic violence, or are struggling with their sexual or gender identity.

Individual Sessions May Include:

- Helping you think through events and change behavioral patterns that are no longer useful.
- Focusing on how you are feeling emotionally and physically and learning to use this information.
- Using body-oriented techniques such as EMDR, breath work, guided visualization, movement, and relaxation to process events and tap into your inner resources.
- Tapping into non-verbal processes through expressive therapy such as sand tray, art, and writing.
- Journaling and take home activities to help you process and practice skills discussed in sessions.

Child And Teen Sessions May Include:

- Individual sessions with play therapy, talking, problem solving, exercises, and/or skill building.
- Parent sessions to plan joint approaches for your child and to discuss progress.
- Coordination of services with additional providers such as medical or school staff as needed.

Before We Start

Approaching a new counselor can be a difficult process. You are welcome to call and ask any questions about starting therapy. Your first appointment can include time to get acquainted and explore how your concerns might be addressed in our work together.

After clarifying your goals, we will talk about mutual expectations and how counseling might benefit you. I will be honest, supportive, and respectful of your challenges and personal goals. Therapy is an ongoing process and you have the right to question, ask for clarification, request a change in our approach, and discuss the effectiveness of therapy for you. Throughout therapy, I will encourage you to state your wants, needs, and experiences.

Therapist Profile

- Master's degree in Counseling Psychology – Saint Martin's University
- Bachelor of Science in Psychology – Oregon State University
- One year internship at Monarch Children's Justice and Advocacy Center counseling adults, teens, children, and groups who survived sexual assault/abuse or were secondary victims.
- Domestic violence and sexual assault victim's advocate and domestic violence support group facilitator.
- Lesbian, gay, bisexual, transgender, and questioning group facilitator.
- Private massage and bodywork practice since 2001.

Professional Credentials

- WA Registered Counselor #RC00052894
- WA Licensed Massage Practitioner #MA00015038
- Member of Eye Movement Desensitization and Reprocessing International Association (EMDRIA)
- WA State Labor & Industries and Crime Victims' Compensation Provider
- Mental Health Counselor Licensure (in process)