

# Aspentree Counseling & Hypnotherapy

9481 Silverdale Way #209, PO Box 1734, Silverdale, WA 98383

Serving Kitsap and Puget Sound \* 360-920-7047 \* [www.aspenhypnotherapy.com](http://www.aspenhypnotherapy.com)

## **Kipp D. Trembley, Client-Centered Psychotherapist, FPS Therapist, and Hypnotherapist**

**Ph.D., Transpersonal Psychology (Candidate), Institute of Transpersonal Psychology**

**M.A., Counseling Psychology (2009), Argosy University**

**B.A., Interdisciplinary Studies (2005), Western Washington University**

*My independently directed undergraduate education was characterized by a prevailing interdisciplinary interest in psychology and hypnosis, anthropology, and human ecology.*

**C.Ht., Advanced Hypnotherapy (2005), Bellingham Technical College**

**Licensed Mental Health Counselor Associate # MC60145887, Registered Hypnotherapist #HP10001503,**

### **EXPERIENCE:**

I began my career working with troubled and disenfranchised youth of the Lower East Side of Manhattan, NY, in 1988. Duties included engaging kids in athletics, facilitating spiritual support, and connecting to social services as needed. I also have worked as a spiritual counselor in retreat work, and in nursing homes throughout NY State. Throughout the years I have worked in various capacities, providing both spiritual and practical support for families, children, and homeless populations. I have worked with individuals in crisis as a counselor in a crisis respite clinic serving populations who need help with behavioral and addiction challenges, and connecting to social services as needed. I have also worked in community mental health, providing individual and group counseling services, and intensive community support. As an accredited certified hypnotherapist, I have worked with individuals both in crisis and those who simply wish to improve their lives; including grief therapy, gestalt therapy, parts therapy, smoking cessation, weight management, self-empowerment/ motivation, anger management, Post Traumatic Stress, and relaxation/ frustration tolerance. My work with Family Preservation and Reconciliation interventions demonstrates a history of success in meeting client needs and resolving initial presenting crisis, improving communication, increasing parenting skills, and assisting families by providing psychoeducation and access to relevant resources.

### **COUNSELING PHILOSOPHIES AND METHODS:**

My philosophy and approach is client-centered, psychodynamic, and humanistic. The client has an inherent ability to grow and be empowered, and holds the information needed for psychological health within themselves. Families are viewed as a whole system, and individual family members as parts of that system. I also recognize the value in meeting basic human needs for psychological health. I am influenced by solution-focused, cognitive, dialectic, family systems, gestalt, and psychodynamic therapeutic interventions. Nature is comprised of diversity, and is interconnected, a whole system. Being products of nature, it only seems logical to me that our inner world is thus comprised. A whole system is well equipped to be self sufficient, thus my positive client-centered approach. The client and the family in crisis has the tools and, once facilitated, ability to heal and grow.

### **CANCELLATION OF APPOINTMENTS**

Please understand that when you make an appointment, I am reserving that time for you. If you miss an appointment, that is time that could be spent with another client, please notify me 24 hours prior to your appointment if you need to reschedule Or if you are ill or in an emergency. Failure to notify 24 hours prior to scheduled appointment will be charged full fee.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist Signature

\_\_\_\_\_  
Date

“Counselors practicing counseling for a fee must be registered or certified with the Department of Health for the protection of public health and safety. Registration of an individual with the Department does not include recognition of any practice standards nor necessarily implies the effectiveness of any treatment.” WAC 246-810-030 and 246-810-031. The Counselor Credentialing Act is to provide protection for public health and safety and to empower the citizens of the state of Washington by providing a complaint process against those counselors who commit acts of unprofessional conduct. Therapists have a responsibility towards their clients to maintain professional conduct and boundaries. If you feel you have been treated in an unprofessional manner you have the right to report this information to the authorities, Contact the department of health to obtain more information regarding these laws at [www.DOH.wa.gov](http://www.DOH.wa.gov) or DOH consumer Hotline (800) 525-0127