

Who are We? What do we Offer?

Living Solutions Counseling provides evidence-based therapy including **EMDR**, **CBT**, **and CPT** to a diverse group of clients. We work with our clients solely through **teletherapy**.

Living Solutions Counseling is excited to announce opportunities for direct field experience through practicum and internships starting **Fall of 2025**.

Our Chief Clinical Officer/Supervisor Regina Myers MHC/LPCC with over **25 years of clinical experience (10 years of supervision experience)** is an approved supervisor for **AAMFT** as well as the States of **Washington and California.** She is passionate about supporting access to care through the development of the next generation of professionals. She believes students need a supportive and collaborative learning environment that can help them explore and learn about who they are becoming in their chosen areas of focus. Regina looks forward to supporting you in your journey.

Our Program

- Learn how to write interactive case conceptualizations, document clinical notes and draft effective care plans.
- Build skills in moving from consultations to clinically relevant diagnosis.
- Participate in collaborative biweekly group consolations.
- Meet with supervisor weekly for one hour of individual and dyadic supervision.
- Procure a minimum of 5 session hours for practicum and 10 session hours for internships weekly.
- Educational stipends will be available for application for those who excel in performance expectations per term.
- Behavioral health has been struggling to meet the needs of clients seeking mental health services especially since the pandemic. **You are needed!**



Living Solutions Counseling Recruitment

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