Guard Mental Health and Wellness

Melissa Guard: Licensed Mental Health Counselor

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DISCLOSURE STATEMENT

My graduate work in mental health counseling was completed at Walden University in 2013. I received my bachelor’s degree in 1989 in Education from Seattle University. I have also been trained as a court appointed special advocate (CASA) for abused and neglected children and have been volunteering in this position since 1999. I am a certified facilitator in The Daring Way™, which is a highly experiential methodology that is based on the research of Brené Brown to help men, women, and adolescents learn how to show up, be seen, and live braver lives. During the process we explore topics such as vulnerability, courage, shame, and worthiness. We examine the thoughts, emotions, and behaviors that are holding us back and we identify the new choices and practices that will move us toward more authentic and wholehearted living. The primary focus is on developing shame resilience skills and I assist in helping individuals believe they are worthy of love and belonging, while learning how to practice self-compassion.

I am also trained as a Triple P Provider. **What is** Triple **P?** The Triple P – Positive Parenting Program® is one of the world’s most effective parenting programs. It is one of the few based on evidence from ongoing scientific research. Triple P works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehavior and prevent problems occurring in the first place.

**Is this your family?**

Other parents don’t seem to have it as tough as you. Your child constantly misbehaves. Your family life is full of anger and tears. There’s probably a lot of shouting and your child may even be aggressive – perhaps hitting you, the furniture or his or her brothers and sisters. In fact, every day – from breakfast to bedtime – is a battle. If this sounds familiar, then Standard Triple P can help. Standard Triple P gives you support to help you manage your child’s behavior and prevent the kinds of problems that make your family life stressful.

**What happens?**

This is a private and very thorough way to find out about the Triple P way of parenting.

Over ten individual sessions with me as your Triple P provider, you will set your own goals and work out what changes you would like to see in your child’s behavior. You’ll learn the strategies you can use and you can adapt them to suit your family’s needs. You’ll see examples of positive parenting on DVD and we will talk about what you’ve learned. You’ll have a workbook to help you record your goals and achievements.

My approach to the therapeutic relationship is person centered and solution focused, with emphasis on cognitive behavioral approaches. We will also explore and pay attention to family of origin issues. My style is collaborative, therefore interactive. I have found it helpful to be fairly straightforward. I ask a variety of questions, listen intently, provide feedback, and occasionally give homework. Treatment is tailored to each person and together we discover what is helpful for you. While I work with a variety of ages, my passion is working with children and adolescents to build a healthier and more enjoyable life. I have a very integrative style of counseling and enjoy finding what works best with each individual. I will work collaboratively with you to: identify negative patterns that bring distress to you, process and resolve past and present wounds, develop the skills or strategies necessary to create change, and apply these skills or strategies to improve emotional health, and build more satisfying relationships.

The following information is for your protection:

* “Counselors practicing counseling for a fee must be registered or certified with the department of health for the protection of the public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment.”
* The Counseling Credentialing Act: the purpose of the law regulating counselors is to provide for public health and safety and to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.
* As a client you have the right to choose a counselor who best suits your needs and purposes. Should you feel that any counselor has behaved in an unprofessional manner, you may contact the Department of Health at Counselor Programs, PO Box 47869, Olympia WA 98504-7869; (360) 236-4902.