



Michael Sibrava, NCC, LMHC

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I am a Licensed Mental Health Counselor (LH00011212) in the State of Washington. I am also a Nationally Certified Counselor (NCC #202371) through the National Board of Certified Counselors.

In 2002, I graduated from Loyola University Chicago with a Bachelors of Science in Psychology. I completed my Master of Arts degree in Counseling Psychology from Lewis & Clark Graduate School of Education and Counseling in 2005.

I have worked in clinical and community health settings since 2002. Since that time I worked with a wide range of people overcoming common to complex relational and mental health problems. I have kept priority on a working alliance with my clients and helping them establish and strengthen their own natural supports in the community.

I have worked with individuals struggling with mood disorders (depression, bipolar disorder,) anxiety disorders (phobias, generalized anxiety), post-trauma and stress related disorders (adjustment disorders, PTSD), personality disorders, as well as psychotic disorders. I have specialized training in helping those work through anxiety and posttraumatic stress. In addition to Eye Movement Desensitization and Reprocessing (EMDR) to address anxiety and posttraumatic stress I also implement strategies from cognitive behavioral therapy, dialectical behavioral therapy, and gestalt therapy.

I strongly believe in client centered therapy. (That means you're the best judge of progress and setting goals.) Especially when approaching trauma and anxiety, I understand that healing and growth relies on a sense of safety and control. Sessions emphasize an individual's sense of meaning, responsibility, freedom, mortality, as well as, one's connection with their experience of the world.