



CAROLYN SCHULTE'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I studied liberal arts and earned my Bachelor of Arts from Carleton College in Northfield, MN. After working for several years in the field of sustainability and marketing, I pursued graduate school to complete my Master of Arts in Counseling Psychology at Lewis & Clark Graduate School of Education and Counseling, studying Marriage, Couple, and Family Therapy with a focus in Sex Therapy. My course training includes systems theory, critical social theory, family therapy, couple's therapy, sex therapy, and sexual abuse. In addition, I have training working with survivors of Domestic Violence, chronic pain (certified in Pain Reprocessing Therapy), and relational stress (Relational Life Therapy). I am a Licensed Marriage and Family Therapist in the State of Washington (LF61073883) and Oregon (T2294). Every 24 months, I participate in 36-40 hours of continuing education in specialized areas to be able to provide quality treatment for my clients and as a condition of my licensure in both states.

Philosophy and Approach: I believe everything we feel, do, and struggle with makes sense in the context of our close relationships, personal histories, and environment where we live. In therapy, I support clients to become curious about their own contexts in order to develop greater self-compassion as well as interrupt cycles of shame and blame about their learned survival strategies and methods of coping. By disarming the inner critic, we create space to explore new options, possibilities, and room for change. I approach my work through the lenses of attachment, trauma, neurobiology, and systemic therapies. I also work to unpack systems of power in the therapy room, in particular questioning capitalist, heteronormative, and white

