

## PROFESSIONAL SERVICES

I maintain a general private practice providing brief and in-depth psychotherapy to individuals, couple and families. I also maintain a life coaching practice for women.

## AREAS OF INTEREST AND EXPERTISE

Eating Disorders	Grief & Loss
Depression and Anxiety Disorders	Life Transition Issues
Trauma Resolution/EMDR	Women's Issues
Marital, Divorce, and Partnering Issues	Positive Psychology & Life Coaching

## THEORETICAL ORIENTATION

As a psychotherapist, I work primarily from a family systems model, while also using cognitive-behavioral, mindfulness-based, and other therapy methods. In both my therapy practice and my coaching practice, I work from a strengths-based approach, drawing from a wide variety of research-based practices, including those of positive psychology and interpersonal neurobiology.

## EDUCATION AND BACKGROUND

I have a Master's degree in Social Work with an emphasis in individual, family and group therapy. As part of my graduate education, I completed a two year training program in marriage and family therapy. I have also completed a two year training program in group psychotherapy. My continuing education has focused primarily on the treatment of eating disorders, adult survivors of childhood physical and sexual abuse, and traumatic stress disorders. I have advanced training (Level II+) in Eye Movement Desensitization and Reprocessing (EMDR).

Most recently, I have received training through MentorCoach – an International Coaching Federation accredited training program for mental health professionals seeking specialized credentialing in the field of professional coaching. I have also received training through the Martha Beck Life Coach Training Program.

I have over 30 years of experience in the mental health field as a counselor, therapist, educator, trainer, life coach, clinical supervisor, and non-profit executive. My work has been in a variety of clinical settings including a crisis intervention center, domestic violence program, chemical dependency counseling agency, community mental health center, hospital-based eating disorders program and private practice. I am a Licensed Independent Clinical Social Worker in the State of Washington (#4661), and, since 1988, have maintained a psychotherapy private practice in the Greater Seattle Area. My life coaching practice is conducted primarily via teleconferencing and serves women both locally and nationwide.

I subscribe to the professional code of ethics of the National Association of Social Workers and the International Coach Federation, both of which I am a member.

## APPOINTMENTS AND FEES

My psychotherapy and coaching hours vary and are by appointment only. Daytime appointments are generally available. My professional fees are dependent on type and length of service. More information can be obtained at [www.kayduncan.com](http://www.kayduncan.com) and by contacting me at 425-283-0444.