



MATTHIAS C. WILLIAMS' THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I earned my Bachelor of Arts in Education Studies from Ashford University in 2015. With a growing passion for mental health and relationships, I went on to complete my Master of Science in Marriage and Family Therapy from Capella University in 2023. I am a Licensed Marriage and Family Therapist Associate (LMFTA) in the State of Washington (License #MG61484510). As part of my ongoing commitment to professional development and licensure requirements, I participate in continuing education each year to ensure I am providing informed, high-quality care to individuals and couples.

Philosophy and Approach: My approach to counseling is rooted in a client-centered framework, grounded in the belief that each person is the expert of their own story. I see therapy as a collaborative process where we work together from within your unique perspective, worldview, and lived experience to promote meaningful and lasting change. I aim to provide a space that is relaxed, conversational, and nonjudgmental—where you can feel safe exploring what's working, what's not, and where you want to go.

I often incorporate mindfulness-based strategies and reflective practices that help deepen awareness and presence, allowing clients to connect more fully with themselves and the changes they are seeking. My work is integrative and draws from several evidence-based approaches, including Solution-Focused Therapy, Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Emotionally Focused Therapy (EFT), and Gottman Method interventions for couples. I also have specialized training in Written Exposure Therapy (WET) to support trauma recovery.

In my practice, I work with both individuals and couples facing a wide range of concerns—trauma, anxiety, grief, depression, anger, relational conflict, family issues, and life transitions. Whether we're addressing personal challenges or navigating complex relationship dynamics, I believe that therapy can be a powerful space to disrupt harmful patterns and begin forming healthier, more fulfilling ways of living and connecting.

Change takes effort and commitment, and I believe the work we do together in session becomes truly impactful when you begin integrating it into your everyday life. My goal is to support you in identifying patterns that are no longer serving you and empower you to make the changes necessary to build the kind of life and relationships you desire. It's a process of learning, growth, and at times discomfort—but also of hope, healing, and self-discovery.

Ultimately, it is my deepest hope to help you create new cycles of coping, connection, and self-understanding that improve not only your relationship with others but also your relationship with yourself.

Participation: Therapy is a collaborative process—one that we co-create together. Your voice, perspective, and experience matter deeply, and I invite you to show up as openly and honestly as you're able. Curiosity—both about yourself and about the process—can be a powerful tool for growth, and you're always encouraged to ask questions, share your thoughts, or express concerns at any point in our work together.

It's normal for therapy to bring up difficult emotions, memories, or shifts in relationships. Discomfort can sometimes be part of the process of growth and change—but you won't be navigating it alone. If something feels overwhelming or unclear, we'll talk about it together. You always have the right to pause, say no to an exercise, or explore other therapeutic options, including referrals if needed.

Ultimately, this space is for you. My role is to walk alongside you with support, insight, and compassion as we work toward the changes that feel most meaningful to you. We'll move at a pace that feels right for you, and your experience will always guide the direction of our work.

Consultations: I regularly consult with other experienced professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

Supervision: As a licensed marriage and family therapist associate, I work under a qualified supervisor and participate in regular supervision meetings as a requirement before achieving independent licensure in the state of Washington. My supervisor, Jess Lechlak, LMFT (Washington State and Oregon; LF60594649 & T1150), signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

Scheduling Appointments: Appointments are generally made on a regular, weekly basis. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session. I will attempt to keep the same appointment time available to you unless frequent cancellations have been made. If it is necessary to change or cancel your appointment, please let me know as soon as possible. I will charge you a full session fee for appointments that are canceled less than 24 hours in advance. I will let you know at least 2 weeks in advance if I will be unavailable for a session, except in emergencies.

Termination: The length of treatment is an individual process that is determined by the therapeutic process. I believe the terminating process to be as significant as the rest of treatment, in which we will work together to make this transition as smooth as possible. When your treatment comes to a stopping point, please know that you may return at any point in the future.