

*Dena is a Registered Counselor in the State of Washington. In 1995, she received her BA from Abilene Christian University. In 1996 she received her MS in Ministry from Pepperdine University. In 2004 she graduated with a Master's Degree in Counseling from Mars Hill Graduate School.*

*She established a private practice in January of 2004. Dena receives ongoing supervision as required for the licensure process. Her supervisor is a licensed therapist who has training in the area of sexual abuse recovery and 20 years of counseling experience.*

**Counseling Services**

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**Hope for the Future**

**Seatac, WA 253.670.0777**

**Dena Johnson  
MS, MAC**

**Registered Mental  
Health Counselor**



## The Counseling Process

I view the counseling process as forming an alliance with a client to explore the nature of his/her problem.

My theoretical orientation leads me to focus on the relational issues in a client's life.

My spiritual orientation leads me to believe that people were created to relate meaningfully with others. The source of much joy and much pain grows out of how we relate to others.

Together, we will explore the unique chapters of the story that have brought a client to the place he/she is currently. We then form a treatment plan to arrive at the client's stated counseling objectives.

As counselor and client interact with one another, a relationship develops that is important as part of the treatment process as well as instructive as to how a client relates to others, bringing them both goodness and harm. All people are comprised of both dignity and depravity, and we will explore how these both affect a client's soul and relationships.

**Individual Counseling:** 50 minute sessions are available to address any specific issues you wish to consider. Often, this consists of relationship matters, parenting issues, past abuse, addiction, codependency, or career/lifestyle decisions.

**Couples Counseling:** Marital counseling is available with the understanding that as a Christian counselor, my goal will always be to work towards saving the marriage when at all possible. In situations where abuse is present I will recommend separate living situations until domestic violence counseling is completed and both parties and counselors agree to the safety of the reunion.

**Group Counseling:** Group sessions are formatted to cover a specific topic such as Sexual Abuse, Anger, Addiction, or Parenting. I create groups to meet the needs of individuals or communities and I would be willing to consider creating a group session for a topic of your choice. Groups run for a minimum of 10 weeks, 1 1/2-2 hours weekly.

**Pre-marital Counseling:** A minimum of 8 weekly sessions are required to complete pre-marital counseling. I will gladly work in conjunction with a pastor. I require reading and homework to be completed as part of the pre-marital counseling process.

**Speaking/Teaching:** I am also available for speaking engagements such as retreats, workshops, or other ministry forums. Speaking topics include but are not limited to:

- Infertility
- Adoption
- Marriage
- Christian Faith
- Spiritual Development

**Dena Johnson  
Counseling Services**

**I offer low and competitive rates in order to make counseling accessible to as many people as possible.**