

# PROVIDER PROFILE

## Kathleen Garber, LMHC



### Behavioral Health

Kathleen Garber joined Mason Health in July 2023. She has experience providing mental health services to people of all ages. Garber has a background in private practice as well as family medicine. She has also provided therapy to children and teens in their educational settings.

Kathleen uses an integrative approach to her therapy with children and teens. She utilizes Cognitive Behavioral, Dialectical Behavioral, Family Systems, Play therapy, and EMDR (Eye Movement Desensitization and Reprocessing) Therapy. She has experience helping patients through trauma, struggles with emotional regulation, adjustment to changing life situations, and problems with work or education. She is certified to provide EMDR and is a gender and Internal Family Systems (IFS) informed therapist.

Outside of work, Garber enjoys reading, listening to books and podcasts, vintage cars, and spending time with friends and family.

### Special Interests

Working with neurodivergence, childhood concerns, PTSD

### Practice

Mason Clinic-Primary Care  
1701 N. 13th Street  
Shelton, WA 98584  
360-426-2653

### Professional Degree

BA, Psychology, St. Martin's University, 2003  
MA, Counseling Psychology, St. Martin's University, 2007

### Certification

Licensed Mental Health Counselor



**Mason Health**  
Mason General Hospital • Mason Clinic



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## Kathleen Garber, LMHC



### Salud del comportamiento

Kathleen Garber se incorporó a Mason Health en julio de 2023. Tiene experiencia en la prestación de servicios de salud mental a personas de todas las edades. Garber tiene experiencia en la práctica privada, así como en medicina familiar. También ha proporcionado terapia a niños y adolescentes en sus entornos educativos. Kathleen utiliza un enfoque integrador para su terapia con niños y adolescentes. Ella utiliza cognitivo-conductual, dialéctico-conductual, sistemas familiares, terapia de juego, y terapia EMDR (Desensibilización y reprocesamiento por movimientos oculares). Ella tiene experiencia en ayudar a los pacientes a través del trauma, las luchas con la regulación emocional, el ajuste a las situaciones cambiantes de la vida, y los problemas con el trabajo o la educación. Está certificada para ofrecer EMDR y es una terapeuta informada sobre género y Sistemas Familiares Internos (IFS).

Fuera del trabajo, a Garber le gusta leer, escuchar libros y podcasts, los coches antiguos y pasar tiempo con amigos y familiares.

### Intereses especiales

Trabajar con neurodivergencia, problemas infantiles y TEPT.

### Consultorio

Atención Primaria Mason Clinic  
1701 N. 13th Street  
Shelton, WA 98584  
360-426-2653

### Titulación profesional

Licenciatura en Psicología, Universidad St. Martin's, 2003  
Máster en Psicología Clínica, Universidad St. Martin's, 2007

### Certificación

Licenciada en Salud Mental



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