



**Nicole Laurent, LMHCA** has been assisting individuals and families since 2003, with the goal of improving the quality of life for all involved. She specializes in [cognitive](#), [behavioral](#), and [dialectical methods](#) that are time-limited, respectful and solution-focused.

She completed her Bachelor of Arts (B.A.) in Psychology and her Master of Arts (M.A.) in Clinical Psychology from Washington School of Professional Psychology in Seattle. Graduating in 2007, she completed a significant number of additional credits above and beyond what was required for the degree, resulting in a highly trained Master's level clinician with an uncommon grasp of the scientific principles underlying the practice of clinical psychology. Having achieved additional education in quantitative and qualitative research methodologies, she is an educated consumer of the scientific literature as it applies to newly founded therapies for various clinical presentations. Her advanced training has led her to understand how various levels of diversity (e.g., race, ethnicity, indigenous heritage, gender, income, sexual orientation, and health related issues) affect clinical assessment and informs competent practice.

She trained over a year with doctoral level clinicians, both within the Central Kitsap School District and while at Monroe Correctional Facility's Special Offender Unit. Throughout her training she continued to work with a diverse range of clients within her community and provided regular seminars on a range of issues important to families and relationships. Her volunteer activities include work for The Ophelia Project and the National Alliance for Mental Illness (NAMI). She is a Licensed Mental Health Counselor Associate (LMHCA) and active member of several professional organizations, including the [American Psychological Association](#) (APA) and the [Association for Behavioral and Cognitive Therapy](#) (ABCT).

*Eastside Family Renewal Service* is located at **Fern Life Center, 710 5<sup>th</sup> Ave. NW is Issaquah, Washington, 98027**. Referral sources may visit [www.FamilyRenewal.net](http://www.FamilyRenewal.net) for more information or arrange a free-initial consultation by calling **425.647.5775**.

Nicole lives on Seattle's eastside with her significant other and her two children. She actively pursues interests in a range of fields in the social and biological sciences. Although her first love is reading, she also enjoys art, cooking, and listening to live music.