

What To Expect In Therapy

This is a completely optional resource—everything here is something we'll discuss together in session. However, I know it can feel helpful to have a bit more information ahead of time, so you're welcome to explore this at your own pace if it feels supportive.



Rin LaVie, MA, LMHC, ATR-BC, LCAT

Licensed Mental Health Counselor, Licensed & Board Certified Art Therapist

Great To Meet You!

Hi, I'm Rin. I'm a Board-Certified Art Therapist (ATR-BC) and Licensed Mental Health Counselor (LMHC) in Washington State. My goal is to provide you with a strengths-based, collaborative, and focused environment in which you can feel free to be your whole self. I integrate modalities like EMDR and art therapy to support deeper self-awareness, self-appreciation, and meaningful healing guided by your nervous system.

My Approach To Therapy

My approach is also informed by compassion-focused and parts-based modalities. Together, we can explore the different thoughts, emotions, and inner "parts" that may be shaping your experience, with an emphasis on developing a more compassionate and understanding relationship with each of them. Rather than pushing parts away or trying to change them too quickly, we work together to listen, build trust, and create a greater sense of harmony within yourself.

What You Can Expect From Me

My biggest goal in our work together is for you to feel respected, valued, and safe in session. You can expect my full attention, and I will make every effort to understand what helps you feel most supported. I view each person as the expert of their own experience and am mindful of the vulnerability that comes with entering therapy.

I also continually strive to remain aware of my own privilege and am committed to ongoing learning around cultural humility and responsiveness. I encourage open communication and invite you to speak up if something doesn't feel right or if you feel misunderstood—your voice and autonomy are the most important parts of this work.

For those in helping professions, it can be especially difficult to share self-doubt or perceived "weaknesses." I invite you to show up as a whole, complex person in our work together, and to allow yourself to receive the same care and support you so often offer to others.

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What You Can Expect In Our First Session

In our first session, my goal is to get to know you—what’s bringing you to therapy, what you’re hoping for, and what’s been working (and not working) for you so far. We’ll spend some time exploring your background and life experiences, with a focus on the changes you’re hoping to see in your life.

What To Expect Moving Forward

As we continue working together, we’ll spend time exploring which approaches feel like the best fit for you. This may include talking more in-depth about different modalities, what they’re designed to support, and how they might align with your goals. We’ll also discuss any potential risks or challenges, so you can make informed decisions about your care.

If EMDR feels like a good fit, we’ll move at a pace that feels achievable and spend time building a foundation first—developing grounding skills, identifying resources, and ensuring you feel supported before moving into deeper processing. This is a collaborative process, and we’ll continue checking in along the way to make sure the work feels aligned and sustainable for you.

It’s tempting to want to jump right into EMDR, but building a safety net prior to diving into traumatic memories is essential to help reduce the risk of retraumatization or overwhelm. We can discuss what building up these supports or “resourcing” looks like for you specifically to ensure we’re moving forward at a safe pace.

Trust The Process

Whether we move forward with art therapy, EMDR, talk therapy, or a combination of approaches, your sense of safety in session remains the central priority. Therapy often involves a careful balance of gently leaning into discomfort while also being able to return to a place of steadiness when needed. When that balance is in place, meaningful and lasting change can begin to unfold.

We’ll continue to move at a pace that feels manageable, checking in along the way to ensure the work stays grounded, supportive, and aligned with what you need.