

Private Counseling practice open in downtown Edmonds.

Colleen Holbrook LICSW, CMHS, child and family therapist, recently opened a private practice in downtown Edmonds at 420 5th Ave. S. Suite 201. A 1994 graduate of the University of Washington with a Masters of Social Work, Holbrook brings over 15 years of experience in numerous aspects of the mental health field to her practice. She is a licensed clinical social worker with much of her work for respected agencies such as Ryther Child Center, Catholic Community Services, Swedish Ballard's eating disorder unit and the YWCA.

She has worked with clients in all phases of life from childhood to senior citizens throughout her career. She is also the parent of a 21-year-old son and brings her personal experience to the practice as well.

With a focus on issues such as anxiety, depression, behavior problems, eating disorders, grief and loss, divorce, parent/child conflicts, sexual abuse and trauma, Holbrook offers a well-rounded therapy experience to parents, children, families and individuals.

Her corner office on the upper floor of the building has open space and plenty of toys for children to use during sessions. She also incorporates art and puppets into play therapy.

“With kids, I let them lead the play, sometimes asking questions,” she explained. “It’s important to let them show what their world is like.”

“Many have been sexually assaulted or witnessed domestic violence. (They learned) adults are not always safe.” She said. “Here, they learn to trust and that they don’t need to have secrets.”

Holbrook also works with parents to set healthy limits with children and address behavior problems with new tools.

She offers a flexible schedule for families to schedule appointments, and looks forward to working with clients in the Edmonds and surrounding areas.

To reach Colleen Holbrook, please call (206) 550-3502.