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**Disclosure Statement**

Welcome to Arctic Owl Counseling, LLC. My name is Rhonda J. Lanier; please call me Roni. I am a Licensed Professional Counselor in the state of Alaska. I earned my Bachelor’s Degree in Philosophy with a Religious Studies Minor, from the University of Oregon in 1991. After working as a direct care provider in Oregon with individuals who were profoundly developmentally disabled, I moved to Alaska in 1993. In Alaska, I worked as an assistant residential manager overseeing the housing program for The Community Mental Health Center and The Bear Creek Home in Homer, Alaska. I worked primarily with individuals experiencing psychosis (schizophrenia, schizoaffective disorder, and bipolar disorder) before becoming Regional Coordinator for Job Ready Inc., in Homer Alaska. At Job Ready, I acted as a care coordinator for Alaska Medicaid Waivers. I worked closely with the Division of Vocational Rehabilitation to develop jobs for individuals with mental illness and developmental disabilities, and I oversaw the Consumer-Directed Personal Care Attendant Program. In 2003 I moved to Anchorage, where I worked as an Employment Specialist for Job Ready Inc. (Ready Care), an investigator for the Office of Children’s Services, and as a supervisor for Hope Community Resources. I returned to the University of Alaska, Anchorage to earn my Master’s of Science in Clinical Psychology, which I completed in 2010. After graduation, I began working in the chemical dependency field, and in 2014, returned to the mental health field working with individuals who experience intellectual or developmental disabilities, as well as a serious mental illness.

I have specialized in working with individuals with dual diagnoses since 1991, including individuals with developmental/intellectual disabilities, those with serious mental illness, and individuals struggling with addiction. While working on my Master’s Degree, I became focused on gender dysphoria and transgender issues. After graduating with my Master’s of Science in Clinical Psychology, my primary focus was on treating co-occurring chemical dependency and complex trauma. I am interested in complex trauma and best practice in the treatment of it. I also have experience working cross-culturally with the Alaskan Indigenous population, Hmong refugees, and individuals who live alternative lifestyles, including gay, lesbian, bisexual, transgender, polyamorous families, and individuals in negotiated power exchanges.

My theoretical foundation is existential. Due to my diverse experience, I am able to utilize an eclectic style that allows me to meet the individuals I work with where they are and personalize my service to best meet the needs of the client.

In my practice, I provide outpatient psychotherapy for individuals, couples, and families at a rate of $175 per therapy hour, using techniques such as Psychodynamic, Cognitive Behavioral Therapy (CBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Narrative Therapy, Interpersonal Therapies, Motivational Interviewing, Solution-Focused Therapy, Guided Imagery, Mindfulness, Humanistic (Person-Centered Therapy), Family Systems Therapy, Acceptance and Commitment Therapy, and breath work.