| Provider Information Form |  |
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## Contact Information

| Name | Candice Guertin, MA |
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| E-mail Address | candice@balancedcounselingnw.com |
| Work Phone | 971-326-9644 |
| Website | https://www.balancedcounselingnw.com/ |
| WA Provider License No. | Oregon Provider, Available for consulting services worldwide |

## Service(s) Provided

| Medical Professional, please specify: Marriage and Family Therapist Registered Associate in the state of Oregon R6594 |
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| Counseling/Therapy: Specialized in providing therapy services for Gifted Children  |
| Educational Testing/Assessment: Comprehensive mental health diagnostic assessment |
| Occupational Therapy: |
| Physical Therapy: |
| Consulting/Coaching: Consulting with parents and families |
| Tutoring : |
| Other, please specify:  |

## Do you have experience working with gifted individuals? Do you typically work with children, teens, adults, and/or families?

| As a Child and Family Therapist, I specialize in somatic therapy and working with gifted children and adults. I have a passion for helping gifted individuals and have had success in improving their overall well-being through a combination of somatic therapy and evidence-based treatment approaches. My hope is to help every client reach their full potential.Benefits of Somatic Therapy* Increased self-awareness: By learning to tune into their physical sensations and emotions, clients can gain a deeper understanding of their own needs, preferences, and values.
* Improved emotional regulation: Somatic therapy can help individuals learn to regulate their emotions more effectively, reducing symptoms of anxiety, depression, and other mental health issues.
* Improved relationships: Somatic therapy can help individuals improve their communication skills and develop more meaningful and authentic relationships with others.
* Mind-body integration: Somatic therapy promotes a holistic approach to healing, recognizing the interconnectedness of the mind and body and promoting overall health and well-being.
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## Do you have a specialty or preferred area of expertise? Do you have additional certifications or training that may be of interest to families with gifted children?

| Somatic Therapy/Yoga/Meditation/Mindfulness/Embodiment/Nervous System RegulationExpressive arts: art, writing, play, music, dance and other creative outletsCognitive Behavioral Therapy (CBT) |
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| **Tony Robbins** Unleash The Power Within Seminar 2023**Kriya Yoga** 6 week meditation course with Keith Lowenstein MD, 2022**Somatic Experiencing (SE)** with Peter Levine Level 1 training, In Progress**Polyvagal Theory** Online Training, 2021**Play Therapy for Anxious Children** Workshop**,** 2020**Body & Movement to Work with Emotions in Clinical Practice** workshop with Barbara Nordstrom- Loeb MA, MFA, LMFT, BC-DMT, CMA, SEP, WoST, 2019**Yoga** with Shiva Rea at Esalen Institute, 2018**Certified Yoga Sculpt Instructor** through Corepower Yoga, 2016**MELT Method** training with creator Sue Hitzmann, Palo Alto, 2013**Sleep Hygiene & Myofacial Release,** Red Mountain Resort, 2012 |

## Have you worked with twice-exceptional children/teens and their families?

| Yes, I have work experience with 2e children, teens and their families. I have worked with children and teens my entire counseling career and have past work experience in day treatment and school-based settings. |
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## Briefly state how your understanding of the needs of gifted/2e individuals and families inform your approach?

| I meet clients where they are. I understand their experience and have family members and many friends who are gifted/2e. I believe that when clients are provided with the right education, tools and knowledge they can reach their full potential. My therapeutic process is creative and flexible. I enjoy teaching my clients yoga, meditation, and breathing techniques to help them maintain an inner balance.  |
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## Please list any professional organizations in which you are affiliated.

| * OATAG, Oregon Association for Talented and Gifted Active Board Member 2022-2024
* SENG member & Annual conference speaker, supporting emotional needs of the gifted 2023
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## About NWGCA

The Northwest Gifted Child Association (NWGCA) is a support and advocacy organization for parents of gifted children. Organized in 1963, NWGCA provides support and information to parents of gifted children. It continues to help parents enhance and hone their parenting skills and gives them tools to speak out for an appropriate gifted education and deal with this learning difference we call giftedness. NWGCA works with individual families, talking with them by phone and through emails, providing appropriate referrals and resources through our website. Thank you for completing this application form and for supporting the gifted and talented families of Washington State. Please email completed form to providers@nwgca.org.