

Karen Nash
Marriage and Family Therapist
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I'm so pleased we have the opportunity to work together. Here are a few things about me you might like to know.

How I work with couples, families and individuals:

- I work with couples, families and individuals who are ready to experience change, and I like to do the work in the moment with an awareness of the Holy Spirit with us.
- I have a, "Yes you can; I believe in you," perspective.
- Our work together will be experiential. I will create therapeutic interactions that bring clarity, comfort, connection and healing.
- I work empathically with mind, heart, body, and spirit. You can expect me to help you attune to your own and your loved one's mental, emotional, physiological and spiritual responses. The significance of this is great. It often holds the treasure map to get us where we need to go.
- I use education and brain building methods based on current brain research to create relational connection and wire in changes at the actual brain circuitry level. I want you to have a brain that smiles, relaxes and knows, "Ahh, this is better and easier!"
- You can expect me to create a safe, accepting place where you are free to bring whatever there is to bring. I desire to foster your individual thoughts, feelings and experiences and support you in giving voice to them.
- I am direct and gentle.
- I seek to make therapy active and to include playfulness.
- I will carefully monitor to keep everyone in a zone of being stretched but not to the point of being overloaded.
- I seek to see down to the more there is to see. You can expect me to get to the root of the issue as well as understand the breadth of the issue and factors affecting it.
- I encourage experimenting and trying things out.
- I see the work I do with people as collaborative with God and each other, because we're all in this together.

- My hope is that couples, families and individuals will find themselves walking in strength and well-being, better able to enjoy their freedom to:
 - love one another more effectively
 - receive love more easily
 - experience more satisfaction
 - connect more deeply with each other and God.

Training:

- My first career was as an English and ESL teacher.
- I received my M.A. in Counseling in 1998 from Colorado Christian University.
- I discovered Coaching in 2009 and became an ICF certified coach and coach trainer.
- I am a licensed Marriage and Family Therapist.
- I use attachment-focused therapies while working with couples and families including PACT (Psychobiological Approach to Couples Therapy), The Developmental Model, EFT (Emotionally Focused Therapy), and DDP (Dyadic Developmental Psychotherapy).
- I am a strengths based therapist and integrate narrative therapy, solution-focused therapy, mindfulness, spiritual formation (including Enneagram),
- I specialize in trauma work and have training/experience in numerous models (including Life-Span Integration Therapy, Healing Timeline, Faster Emotional Freedom Technique, Havening, Somatic Processing, Internal Family Systems, and EMDR).

Background:

- I'm a wife to a wonderful man and mother of 3 adult children and one grandchild.
- I've lived cross-culturally starting almost 30 years ago and have worked in 4 different countries – Tibet, Nepal, Malaysia and now the US. I've faced my share of struggle and joy in each of these places.
- I am an adoptive parent who has navigated the joy and work of earned attachment.
- I'm committed to life-long learning and growing.

A Little More about Karen & her Family:

I married my husband, Gill, in 1991 and our life serving overseas began 9 months later when we moved to Tibet. We still look fondly back on our “honeymoon” in Tibet, where our rustic living conditions were either going to make us or break us as a new couple. Thankfully we made it, as we lived together in a small, traditional, mud-roofed apartment with no indoor plumbing, no indoor heat, and an outhouse 100 yards across the field. Funny enough, that solidified not only our love for each other, but also our love for living and working cross-culturally.

We’ve enjoyed many adventures together throughout Asia and beyond. We’ve politely eaten unusual things like yak lung (weird), sea slug (rubbery), crickets (pokey) and turtle (tastes like chicken). We’ve had incredible wildlife experiences like bathing elephants, feeding wild rhinos, holding sea otters, and cuddling with kangaroos.

One of our greatest joys has been the enriching privilege of working closely with folks from other parts of the world.

I’m a mother to three wonderful children and grandma to one grandbaby.

I love God’s beautiful creation, and taking a long walk in the great outdoors soothes my soul. I have a 5-bags-a-day herbal tea habit and I enjoy a good day at home hanging out and relaxing.

Additional Information about a Marriage Intensive:

A marriage intensive would be helpful for:

- a couple looking to deepen your connection
- a couple managing a new life stage (like having kids, parenting teens, empty nest)
- a couple in the midst of transition
- a couple wanting to parent together better
- a couple wanting to work through a challenge that has you stuck
- a couple who is hurting and isn’t sure how to move forward

Do you find yourself in the same conversation or conflict again and again like it’s the same song, next verse.

For my husband and I **our song starts something like this...**

Me: I feel like you are so busy and you're not engaging with me or the kids.

(Notice I used the word feel – I'm a therapist so I know I'm supposed to communicate with I feel... sentences. Also notice, I didn't actually communicate any emotions. I just made an accusation.)

Husband: I'm sorry. I just have so much to do right now. Remember I did call you, so that should count for something.

(Husband's comments – notice I'm just defending myself and want credit and I'm not really sorry.)

And ends something like this...

Me: Forget it. I don't know why I brought it up. Never mind.

(This is the beginning of my collapse and give up. I still care, I still love my husband, I still want to have a good relationship, I just feel so stuck.)

Husband: I just don't know what to do. I'm trying to make you happy but I just can't seem to. There must be something wrong with me.

(This is the beginning of his collapse and turn in on himself. He still cares, He still loves me, he still wants to have a good relationship, he just feels so stuck.)

We've learned to navigate these conversations differently so they bring us closer together rather than apart. We've learned to see what's happening in us and between us with our different relationship styles. We've named, accepted, and worked on the areas of growth each of us has to be able to do this better. And we've regularly practiced the tools that strengthen our attachment.

What you can expect to come away with from an intensive:

— exercises and experiences that build and deepen your connection and joy together

— skills and tools for connecting conversations

— learning on attachment, brain wiring, and emotional regulation

— an understanding of each of your relationship styles, how it got there, how it shows up in your marriage, and how to navigate it together

- a deeper compassion for your partner
- an appreciation for how you're different
- identifying your growth edges and specific ways to develop your relationship skills and capacity