



Trillium Counselors

Providing Mental Health services to students of DDHS



NICOLE

Hello! I've been working for Trillium Family Services as part of their Outpatient team at David Douglas High School for over 2 years. Although I take an integrated approach in providing therapy services, as it's important to tailor treatment to each individual and their specific needs, the main approach I work from is art therapy. I truly believe in the power of art and engaging creatively to help provide an outlet and support us in the therapeutic work. I am available to work within a variety of options, including individual therapy, family therapy, groups, and prevention work. If you are in need of support and feel ready to begin services, we can discuss the options available and find the best fit!

CLARKE

David Douglas has been very good to me these past couple years and I feel very lucky to have been able to develop relationships with so many amazing students here. I landed in the world of counseling after years living abroad (shoutouts to Vietnam, Chile, and Australia!). These experiences taught me that we all have the wisdom, strength, and fight within all of us to overcome whatever we're facing. Sometimes we just need to dig a bit to find it. This means that I'm not here to tell you what you need to do so much as help you find what's best for you. And hey, sometimes just talking about things can help you feel better :)



LAURA



I'm the newest addition to this team - this is my second year at DDHS, and I LOVE working here! I grew up in Oregon and spent a number of years out of state. Since moving to Portland in 2016 to begin my social work career, I've enjoyed doing more hiking, camping, and dancing - and talking with folks about the Peace Corps (Mongolia '10-'13)! As a therapist, my goal with students is to support them in building self-knowledge, accessing (and valuing!) their own voice, and developing skills that promote resiliency and interpersonal effectiveness.