

**Adults
Elders**

**Individuals
Couples
Families
Coaching**



**Katherine M Leonard PhD
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Licensed Psychologist

Professional Interests / Specialties:

Empowering adults to overcome the stress and anxiety that come with a diagnosis of cancer or chronic medical illness.

Working with family members to understand and cope with serious illness in a child or adult.

Understanding and working through grief and loss in the family.

Strengthening relationships through improved communication, understanding, and collaboration.

Using guided imagery to activate inner resources for health and creative development.

Exploring adult midlife transitions: rediscovering old dreams and new goals and vitality.

Education:

B.A. University of California, Berkeley in 1967; M.A. University of Victoria, BC, in 1979; Ph.D. in Counseling Psychology at University of Alberta, Edmonton, in 1990; Internship at W.W. Cross Cancer Institute 1985; Residency at Northwest Occupational Medicine Center 1992.

Background / Experience:

Providing family therapy and adult psychotherapy since 1976, focus on health psychology since 1984; teaching and supervision for masters students in art therapy and counseling psychology, certification in art psychotherapy and clinical hypnosis.

Professional Affiliations / Activities:

American Art Therapy Association
American Psychological Association
Oregon Psychological Association
American Society of Clinical Hypnosis
American Mental Health Alliance-Oregon
Mentor Research Institute – Board of Directors

Wheel Chair Access: Yes