

Heal the broken heart and the hurting relationship...

Seeking the way and hope for the wholeness with individual, couple, family, groups through therapeutic counseling.

- *Working together on personal problems in therapy can help bring added meaning to your life, help you to learn excellent conflict resolution skills, and improve your marriage. You can be taught techniques to relieve stress and overcome depression and anxiety, as well as improve your self-esteem.*

- *Working together cooperatively to identify the issues you are struggling with in your personal relationships (family, partner, in-law, work, friends or school) and find the ways to make things change.*

有鑑於日益增多的個人心理困難，使得因為人際間的衝突、生活上的調適、工作的壓力而造成之社會問題亦層出不窮；許多人感覺孤單、經常擔憂，卻又求助無門，以致令人遺憾的事不斷發生... 在此時刻，若有受過專業訓練和經驗的人在旁協助，此艱難的人生旅程將輕省許多。

The Power of God could really change people's heart and transform our life. Mei strives for helping the clients build a healthy family system besides treating their own problems.



Cedar Park Counseling Network

Washington State Licensed Mental Health Services



Cedar Park Counseling Network
www.cedarparkcounseling.org
For Appointment: 425-939-1490

Kenmore Office:
Cedar Park Northshore Church
18737 68th Ave NE
Kenmore, WA 98028

Bellevue Office:
12727 Northup Way, Suite 16
Bellevue, WA 98005

Christian Counseling Services
Mental Health Psychotherapy
Marriage & Family Counseling

www.cedarparkcounseling.org
www.msccounseling.com
mei.s@cedarpark.org



*Teach me to number my day aright, that
I may gain a heart of wisdom.
-Psalms 90:12*



Mei Sims is a **Licensed** Mental Health Counselor who has practiced at Clinical Counseling programs in the Greater Seattle area and overseas providing psychotherapy for more than 15 years.

As an ordained minister she has taught Bible classes and provided pastoral care and is now actively involved at Cedar Park Church.

Mei is happily married with two children and she enjoys her bi-cultural (Asian-American) family.

Mei is a specialist of Asian American family counseling. She speaks both English&Chinese.

Education:

M. A. in Counseling Psychology

(Northwest University, Kirkland WA)

B.A in Christian Theology

(Bible Study, Children and Family Ministry)

B.A in Chinese Literature.

(Shanghai University, Liberal Art)

Professional Credentials & Memberships:

- **American Psychological Association**
- **American Associate of Christian Counselors**
- **Board Member of “National Coalition for Protection of Children and Families-Seattle”**
- **Trained in “Biblical Counseling”**

Individual Therapy:

- **Depression/Anxiety**
- **Stress Management**
- **Addiction recovery**
- **Life Transition**
- **Seeking Identity**
- **Decision Making**
- **Culture Adjustment**
- **Eating Disorder**
- **PTSD, grief**
- **Inter-personal Relationship**
- **Life Coaching for young adults**



Mei strives to provide a safe place for hurting individuals to heal and to equip them to make life changes. She is also passionate about helping clients build a healthy family system and resolve personal conflict. **Confidentiality** is protected.

Marriage/Family Counseling:

- **Couple Communication**
- **Family Distress**
- **Adoptive Family**

Child/Teen Therapy:

- **Healing from trauma (divorce, abuse, death and accidents)**
- **Intenet Addiction, Behavioral Problems
Peer Pressure, Social Problems**

Insurance: Mei Sims is Network Preferred Providers of Premera Blue Cross, First Choice Health, BHS, Regence/Blue Shield/Cross, Cigna, Regence, LifeWise, etc.

She also sees clients w/ sliding fee/scholarships.

