

# Downtown Seattle Counseling

Professional Care in a Professional Manner by Professional People

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## SUGGESTED SEARCH

We are Seattle Downtown Counselors: a collaborative practice of independent mental health, career and organizational professionals who have experienced all the challenges you have faced. We are a microcosm of the Downtown Seattle Experience; a community of multiple cultures, genders, races, outlooks and orientations. We draw upon our own experiences as well as our professional training to help you through troubling times.

Abuse / Incest / PTSD

Addiction / Drug / Alcohol

Adult Adjustment / Life Transitioning

Anxiety / Panic Disorder

Child / Teen

Christian / Pastoral

Communication / Social Skills

Consulting / Coaching

Couples / Marriage

Family Counseling

Grief

Group Therapy

LGBTQIA

Special Issues

Stress / Depression

Women

Living our lives in the 21st century urban world of Seattle can be both exciting and stressful. The constant pressure we all feel to do more--and be more--in both our professional and personal lives can lead to rushed decisions and interactions that can have less than optimal results. Meet the Counselors to learn more about Downtown Seattle Counseling, and read about each professional's credentials, philosophy, and methodology when working together with you.



**Lindsey Hewes, MA**

LMHC, GMHS

Adult Adjustment / Life Transitioning Counseling, Anxiety / Panic Disorders Counseling, Couples / Marriage Counseling, Grief Counseling, Specialty Issues, Stress / Depression Counseling



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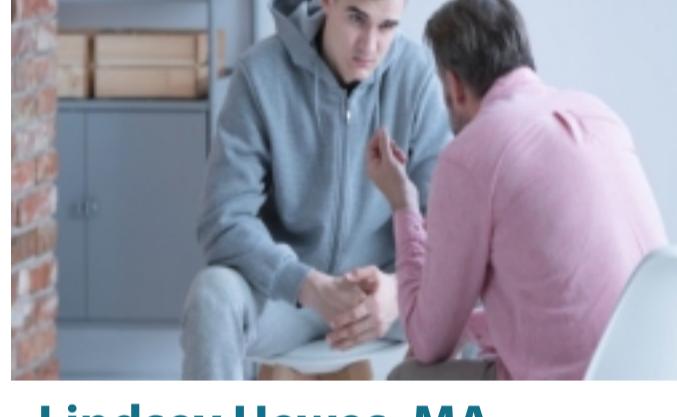
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Downtown Seattle Counseling  
The Cabrini Medical Tower  
901 Boren Ave.  
Suite 1300  
Seattle, WA 98104

Phone: 206-276-0325  
Fax: 206.624.7626  
Email Us

Privacy Statement  
Disclaimer

### Other Services:

Counseling for Inner Balance

Craig Stone Counseling

Northwest Performance Psychology

Lindsey Hewes Counseling PLLC

MJR Counseling

Sally TerBeck Counseling

Seattle Gay Counseling

Counseling Seattle

Case Lovell Counseling

Edan Zebooloon Counseling

Jessi Johnson Therapy

Accord Associates

Robert E Gant Counseling

Angela Grace Counseling

Daniel Franklin Cummings PS

Jed Lin, LICSW Counseling

The Good Life Behavioral Health

Randy C. Scott Counseling & Consulting

Wallace Wilkins Counseling

Counseling and Therapy Offices  
Accord Associates Offices

# Downtown Seattle Counseling

Professional Care in a Professional Manner by Professional People



## Lindsey Hewes, MA

LMHC, GMHS

Pronouns: They, Their



Phone: 206-335-9995

Fax: 206-624-7626

Email: Email Lindsey Hewes

Website: lindseyhewescounseling.com

Monday 9:00 - 5:00 PM

Tuesday 9:00 - 5:00 PM

Wednesday 9:00 - 5:00 PM

Thursday 9:00 - 5:00 PM

Friday 9:00 - 5:00 PM

Saturday Closed

Sunday Closed

### Education

Masters of Counseling, 1997  
Seattle University  
Seattle, WA

### Certifications

### Professional Associations

### Licenses

### Insurance Accepted:

- First Choice Health

- Group Health PPO

- Out of Network provider

- Wellspring EAP

### Payment Option:

Please contact me for information on my rates. I offer an initial in-person or over-the-phone consultation at no charge.

If you are on another insurance plan not listed, you would pay me directly and I will provide you with a receipt to submit to your insurer. They often pay a percentage of counseling services.

### Primary Focus:

Adult Adjustment / Life Transitioning Counseling, Anxiety / Panic Disorders Counseling, Couples / Marriage Counseling, Grief Counseling, Specialty Issues, Stress / Depression Counseling

### Scope of Practice:

I support adults, seniors and couples facing challenges, including:

- |                              |                                     |
|------------------------------|-------------------------------------|
| - Life transitions           | - Overwhelming emotions             |
| - Worry, ruminating thoughts | - Anxiety, panic attacks            |
| - Grief and loss             | - Sadness and depression            |
| - Mood swings and bi-polar   | - Trauma                            |
| - Caregiver support          | - Memory and concentration concerns |

### Range of Focus:

- |                          |                                    |                                    |                           |
|--------------------------|------------------------------------|------------------------------------|---------------------------|
| - Anxiety                | - Bereavement                      | - Codependency Issues              | - Communication Skills    |
| - Couples Counseling     | - Depression & Anxiety             | - GLBTQ friendly                   | - Loss and Grief          |
| - Panic Attacks          | - Relationship/Interpersonal       | - Sense of Self                    | - Trauma                  |
| - Commitment/Marriage    | - Divorce/Separation               | - Death and Dying                  | - Relationship challenges |
| - Women's issues         | - Adjustment and Transition Issues | - Bipolar Disorder                 | - Communication Issues    |
| - Conflict Resolution    | - Depression                       | - Adulthood Issues (20's and 30's) | - Mindfulness Treatments  |
| - Phobias                | - Seasonal Affective Disorder      | - Stress & Coping                  | - Aging and older adults  |
| - Confidence/self-esteem | - Loss of meaning                  | - Relationship/self-esteem         |                           |

### Values & Philosophy:

Healthy connection is crucial to our well-being. I work with individuals and couples using a mindfulness-based and holistic approach. Research shows that mindful living can build new neuropathways in our brains, making positive and sustainable change.

### Therapeutic Technic & Methodology:

I draw from, and am trained in, the following theories:

- |                                 |                                  |
|---------------------------------|----------------------------------|
| - Acceptance Commitment Therapy | - Lifespan Integration           |
| - Gestalt/ Existential Therapy  | - CIMBS                          |
| - Focusing                      | - Dialectical-Behavioral Therapy |
| - Cognitive Behavioral Therapy  |                                  |

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## Contact Us

Name

Counseling Type

Email

JohnDoe@blackmirrordesign.com

Insurance

Contact Phone

Preferred Pronoun

Contact Time

Preferred Counselor

Comment.....

Submit

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## Login

USERNAME

PASSWORD

**Submit**

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Schedule



July 4, 2018

Day

Week

Month

Week Day						
1						

[Log Out](#)

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Log Out

Schedule



Profile

GENERAL

Name:

Professional Title:

Gender Identity:

Quote (Optional):

Phone: (206)206-78910 Ext:

Fax:

Email:

Website:



Edit

SAVE

OPERATIONS

EDUCATION

LICENSES

MEMBERSHIPS

REGISTRATIONS

FOCUS

PRACTICE

Log Out

# Downtown Seattle Counseling

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## Full Service Class A Office Space for Lease

Downtown Seattle Counseling  
The Cabrini Medical Tower  
901 Boren Ave., Suite 1300  
Seattle, WA 98104

Specifically Designed for  
Coaches, Consultants and Mental Health  
Professionals

Phone: 206-276-0325  
Fax: 206-624-5625  
Email: mac@accordassociates.com  
Website: downtownseattleoffices.com

- Full-service office suite & amenities
- Flexible rental fee structure
- 24/7 security, after-hours access
- ADA-compliant
- Stunning city & Puget Sound views
- Beautiful tree-lined park adjacent building
- Dozens of restaurants in walking distance
- Fast access to I-5 north & south ramps
- On-site covered parking & adjacent lot parking

[» Read more about amenities & fees](#)



## Accommodations & Amenities



- Closed-circuit monitored waiting room -
- Coffee and tea service in waiting room -
- Ambient music system throughout -
- Full-time individual sound proofed offices -
- Part-time furnished sound proofed office -
- Conference room -
- Kitchenette -
- File room & locking file storage -
- Computer workstation -
- Fax machine & copier -

[Read more about amenities & fees »](#)

We handle the details so you can focus  
on your clients and building your practice!

For leasing information, contact **Mac Partlow, M.A.**  
by phone: **(206) 276-0325** or by email: [mac@accordassociates.com](mailto:mac@accordassociates.com)

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