

Joe Guppy, M.A., LMHC
M.A. – Master of Arts, Seattle University, Psychology
LMHC – State of Washington Licensed Mental Health Counselor

Joe Guppy, M.A., LMHC has more than fifteen years of counseling experience in community agencies and in private practice. He holds a Masters Degree in psychotherapeutic psychology from Seattle University and is a state of Washington licensed mental health counselor. He is currently a psychotherapist in private practice, working with adults, couples and young adults; and has led workshops on creative teamwork and communication, meditation, sexuality, suicide prevention, anger management, and creative writing; for retreats, schools, spiritual organizations, community and youth groups. Post-masters professional education in couples counseling and addiction studies includes trainings by Harville Hendrix, John Gottman, John Bradshaw, and Patrick Carnes. He's attended whole-person mindfulness trainings with Robert Dilts, Marsha Linehan and Kevin Krycka. Joe was formerly a writer/ performer/ improviser in the Seattle-area theater and entertainment community.