

Christopher Boothby, MFT, LPC OR C6524

Psychotherapist

Education & Training

Bachelor of Architecture (1987)
University of Oregon
Eugene, Oregon

Massage Therapist Training (2004)
Oregon School of Massage
Portland, Oregon

Graduate Hakomi Mindfulness-Based Psychotherapy Training (2007)

Master of Science in Counseling (2010)
Graduate School of Education
Portland State University, Portland, Oregon

Relevant Work History

Boothby Architecture (Chris Boothby, Architect) 1996-2017
Portland, Oregon

Chris Boothby, LMT (2005-2017)
Massage Therapist in Private Practice
Portland, Oregon

Chris Boothby, MS, MFT
Psychotherapist in Private Practice (2010-2017)
Portland, Oregon

Counselor at New Life Foundation 2018-2019
Clinical Supervisor at New Life Foundation 2019-2020
Chiang Rai Thailand

Counseling Approach & Philosophy

I approach counseling with a holistic assumption of the interconnectedness of body, mind and spirit. I also assume that there is an innate tendency for clients to grow towards health and wholeness. Rather than labeling old patterns as pathologies, I prefer to recognize them as coping strategies developed as a part of the individual's attempts for safety and health, which may now be obsolete. In my work I focus on helping clients identify both those patterns that may be holding them back and the skills and resources they have available to become more choice-full in their lives.

In keeping with my Hakomi training, I utilize a mindful, body-centered experiential and relational approach. I also pay attention to the systemic nature of interpersonal interaction in relationships and families. Through attention to present moment experience, comes the discovery of beliefs, thoughts, feelings, memories and images that impact daily life in both positive and negative ways. This awareness and corrective emotional experiences in therapy support building resources and adopting more effective patterns.