

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
Comprehensive Training (2007)

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

Level 1 Internal Family Systems, IFS International (2024)

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

Chris Boothby, MS, LPC C6524
Psychotherapist in Private Practice (Telehealth 2022-present)
Portland, Oregon

Counseling Approach & Philosophy

I approach counseling with a deep understanding of the interconnectedness of body, mind, and spirit, grounded in the belief that every individual possesses an innate drive toward health and wholeness. Rather than viewing old patterns as pathologies, I recognize them as adaptive coping strategies that once served as vital attempts to ensure safety and well-being, but which may have become obsolete.

Drawing from my foundational Hakomi training and recent Internal Family Systems (IFS) training, I offer a mindful, body-centered, experiential, and relational approach. By integrating the IFS model's focus on internal parts with Hakomi's emphasis on relational presence and mindfulness, I support clients in identifying internal patterns that may be limiting them. Together, we can transform outdated core beliefs and resolve internal conflicts, fostering greater self-leadership and an enriched quality of life.