

Biography:

Anna Orton is a Licensed Mental Health Therapist who moved to the area from rural Southern Oregon in 2000 in order to attend Seattle University. She received a B.A. in Psychology with Departmental Honors in 2004, and a Master's degree through the university's Existential-Phenomenological Therapeutic Psychology program in 2007.

Since receiving her degree, Anna has maintained a commitment to working with underserved populations through local area non-profits. As a Clinical Care Manager/Therapist at Ruth Dykeman Children's Center (now Navos), she provided assessment, intensive case management, and counseling services to children ages 6 to 17 years placed in residential treatment as a result of significant emotional and behavioral issues often stemming from chronic experiences of abuse, neglect, and trauma. During this time, Anna received both a Children's Mental Health Specialist and Disability Mental Health Specialist designation from the State of Washington, and participated in ongoing post-graduate training in areas including the treatment of trauma in children and adolescents, attachment, and play therapy.

After four years of focusing her work on the treatment of traumatic stress and associated issues in children and youth, Anna transitioned out of the residential treatment setting in 2011, and took a position at Friends of Youth where she provides low-barrier/ no cost counseling services to middle school students in rural King Co.

Anna lives in Seattle with her husband where is often found working in her garden under the close supervision of her ever-vigilant and opinionated cats.