

PRACTICUM MFT TRAINEES



ALEJANDRO Torres

My name is Alejandro Torres. I currently work as a Behavioral Therapist for children with autism. I also have some volunteer experience working with under-served teens in Trujillo, Peru; where I helped facilitate educational discussions and activities about domestic violence, substance use, sexual health, and more. I'm interested in learning more about CBT-based techniques.



ALY Lacko

My name is Aly Lacko. I am a UCLA Alum from Chico, CA. As a newcomer to Humboldt County, I am loving the opportunities I have to explore this beautiful area while living here for graduate school. I hope to provide a safe space for any and all students seeking support at CAPS. I am particularly interested in therapeutic approaches that use Acceptance and Commitment Therapy, Narrative Therapy, Existential Therapy, and Person-Centered Therapy, and hope to utilize an integrative approach that best suits my client's needs. I love working with the students at HSU because you are all so unique and provide me with the wonderful opportunity of getting to know you and making genuine connections.



JAY Johnson

I relate to you from a warm and compassionate place, and I am genuinely curious about the stories and the challenges you may have faced, and the connections and meanings you have made. I have a deep appreciation for the connection of the mind and body through mindfulness practices. I value community, creativity, and social justice, and I want to hear your narrative. When environmental, cultural, and systemic forces impact your unique sense of self and identity, you are not alone. It would very much be an honor and a pleasure to begin together. I value the HSU student body's ability to embrace modern challenges with an open mind and heart while navigating and shaping the future.



JESSICA Clothier

Hello! My name is Jessica, and some of my interests in psychology are infant, child, and family mental health and Latinx mental health. I enjoy learning about the various cultural practices and traditions important to an individual and family throughout generations, especially those around birth, death, and significant life transitions. I've had the opportunity to do my bachelors and now masters at HSU; I love the area! Something that I like about HSU and the students specifically is the service and service-learning opportunities that so many get to be involved in. I also appreciate the students who share their art and creativity around campus and in the community- from music and dance to painting.



JORDAN Lampi

My name is Jordan Lampi, and my pronouns are she/her. I typically use an integrative approach to therapy, and factor in intersectional feminism and social justice lenses into my conceptualization and work. I am passionate about fat liberation, Intuitive Eating, and Health at Every Size social movements, and plan on developing more ways to incorporate these movements to address issues related to body image and self-esteem. I enjoy working with the HSU student body because there are so many insightful, passionate, and curious students here!



KAYLA Escola

Hi, my name is Kayla Escola. I am interested in learning more about trauma-informed care, dialectical behavior therapy skills training, and the person-centered approach. I have some previous experience working in a Mental Health Rehab Facility with younger and older adults who identify with severe psychological disorders, though I am interested in working with children and adolescents.



MEAGHAN Fellingner

I enjoy the welcoming and inclusive atmosphere HSU aims to provide for its unique and multifaceted student body. I like to take an integrative approach to understand challenges from multiple perspectives within a safe and non-judgmental environment. My clients are provided a client-centered approach in a supportive environment to explore their values, goals, and challenges related to their current life circumstances. I value the unique stories that you bring with you.



SAMANTHA Henson

Hi! My name is Sam, and I use the pronouns she/her. I approach therapy from an integrative perspective, but tend to lean more towards Narrative and CBT practices. I have a particular passion for working with teens and emerging adults. I also have experience working with women with histories of interpersonal violence. I split my time between CAPS and the Humboldt Family Service Center, and while both

environments are vastly different, I value each experience and the populations I've encountered at both locations.