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Kathy Hardie-Williams graduated from Portland State University with a Bachelor of Science degree, which included a double major in psychology and social science in 1994. She then graduated in 1995 with her M.Ed from the Graduate School of Education at PSU, earned her State of Oregon teaching license with elementary and special education endorsements and was an educator for ten years. Six of those years were spent teaching special education and struggling readers. She has kept her teaching license current (State of OR Standard Teaching License with elementary and special education endorsements). Kathy also has a State of WA Continuing teaching license with early childhood education, elementary education, special education and psychology endorsements as well as a State of WA Registered Counselor License. The desire to engage on a deeper level with families drove Kathy to get a Masters of Science degree in Counseling with a Marriage and Family specialization from Portland State University in 2010. She is particularly interested in working with individuals, couples and families who struggle with the impact of trauma in relationships and believes that it is early attachment and family of origin that lays the foundation for how well individuals are able to navigate their lives. Kathy believes that families are systemic and that within the main family system are 'sub-systems'. She takes a 'structural family systems' approach in working with clients in order to help identify what might be keeping them 'stuck', thus, preventing them from functioning at an optimal level. Kathy's theoretical orientation stems from Control Mastery Theory, which asserts that all individuals have a desire to reach their potential and that often, it is their pathogenic beliefs, often rooted in their family of origin, that present obstacles in reaching their goals. Her goal as a therapist is to facilitate self understanding as well as the process of reaching one's full potential. While this can be an extremely challenging task, she is very driven toward facing this challenge as a marriage and family therapist. As a Registered Intern of the Oregon Board of Licensed Professional Counselors and Therapists, she committed to and will abide by the Code of Ethics [OAR 833-060-0020(13)]; she is under the ongoing supervision of Bob Davidson, M.Div., M.Ed., LMFT, CSAT at the Family Institute, P.C.

Kathy is a native Oregonian, born and raised in Portland, OR. She attended Gresham High School and graduated in 1974. She has two grown children (Melissa and Brian) and four grandchildren. Kathy currently lives in Lake Oswego, OR, close to her daughter and grandchildren. She enjoys being a therapist, teaching, gardening, reading, hiking, cooking, shopping at thrift stores, biographies and spending time with family and friends.