

PROVIDER PROFILE

Erica Encarnacion, LMFTA



Behavioral Health

Erica Encarnacion first joined Mason Health in 2015, starting out as a bilingual receptionist at the former Shelton Family Medicine location. During this time, she worked on her Bachelor of Arts degree in Psychology and her Master of Science in Marriage and Family Therapy at Seattle Pacific University. In 2022, she earned the Seattle Pacific University School of Marriage and Family Therapy Distinguished Training Award, which is awarded to one student each graduating class.

After graduation, Encarnacion knew her heart was here in Mason Health serving our rural community, where she gets to work hands-on with people and have access to Mason Health's collaborative care model.

Encarnacion's methods take an integrated approach, using a Family Systems and ORCA framework that acknowledges all the factors that make us a whole person while applying Openness, Respect, Curiosity, and Acceptance (ORCA).

She utilizes Narrative, Solution-Focused Brief and Cognitive Behavioral Therapies.

Outside of work, Encarnacion enjoys spending time with her family and two dogs. She and her partner enjoy trying new foods and cooking both her family's traditional Guatemalan cuisine and her partner's Russian cuisine. She gained a passion for plants (indoor/outdoor), which bring her peace and joy. She enjoys listening to podcasts and watching her favorite shows.

Special Interests

Anxiety, depression, self-esteem, life transition, family/marital conflicts, grief, self-harming, ADHD, sexuality/gender identity, work/school stress and trauma recovery

Practice

Mason Clinic – Primary Care
1701 N. 13th Street
Shelton, WA 98584
360-427-2653

Degree

Master of Science, Seattle Pacific University, 2022

Certification

Certified, Licensed Marriage and Family Therapist Associate



Mason Health
Mason General Hospital • Mason Clinic



10/2022 350