

April 10, 2015

To whom it may concern:

I have known Samara Fritchman as a fellow colleague/counselor, and as a friend, during her one year contract with TCC. Samara has provided counseling to students in areas of personal issues, academic concerns, and career directions. She has also worked with the veteran students and the veteran center.

I wish to speak to Samara professional counseling skills as I have observed. Samara has an able to build quick rapport and provide a comforting environment for the students to speak freely regardless of their ethnic or culture background. Samara's theoretical orientation is an eclectic, but effective, combination of cognitive-behavioral therapy, humanistic, psychodynamic, narrative and systems-oriented. She utilizes what's appropriate in her counseling sessions based on client's needs.

I have personally reviewed taped counseling sessions. Samara showed effective counseling skills by being supportive and empowering to the student which enabled them to express their concerns and personal issues. Samara persistently stays "right there" with the student [client] to share her support, her caring nature, her kindness and concerns. Samara has an ability to insightfully pursue the root of the problem(s) bringing helpful insight to her clients and encourages their own self-discovery. Samara further uses humor effectively to encourage and motivate her students in counseling sessions. In the end, Samara and the student complete the problem solving together that enables them to develop a plan of action for the future.

If you have any further questions regarding Samara's abilities and competencies, please contact me at: Work 253-566-5337 or 253-566-5122.

Sincerely,



Theophilus Mungen, Faculty-Counselor
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