

Clinical Mental Health Counselor And Senior Program Manager Mitali Jariwala Brings Therapeutic Care & Leadership

Seattle-Based Professional Combines Trauma-Informed Counseling Expertise with Extensive Experience Leading Transformational Programs Across Global Organizations



Duvall, Washington Jun 30, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Mitali Jariwala, a Clinical Mental Health Counselor and Senior Program Manager based in the Greater Seattle area, is making a meaningful

impact by bridging two seemingly distinct worlds: mental health counseling and organizational transformation. With a professional background that spans behavioral health services, counseling, and leadership roles at some of the world's most recognized companies, Jariwala brings a rare combination of clinical insight, strategic thinking, and compassionate leadership to every aspect of her work.

Currently serving as a Mental Health Counseling Associate with Hope Development Practice, a nonprofit behavioral health agency, she provides individual counseling to clients seeking support with stress, emotional regulation, trauma recovery, and personal growth. Her therapeutic approach is person-centered and trauma-informed, drawing from somatic, attachment-based, psychodynamic, and Internal Family Systems (IFS) modalities. She works with individuals navigating a wide range of challenges, including anxiety, depression, PTSD, complex trauma, schizophrenia, and neurodivergence.

What initially inspired Mitali's transition into counseling was her own transformative experience with therapy after relocating from Asia more than a decade ago. Having grown up in an environment where mental health support was often stigmatized and difficult to access, she discovered firsthand the profound impact counseling can have on emotional well-being and self-understanding. Through her own healing journey, she developed a passion for helping others find safety, clarity, and authenticity in their lives. Today, she considers it a privilege to witness clients' growth and healing while creating a space where they feel genuinely seen, heard, and supported.

Mitali's clinical foundation was built through extensive training and fieldwork with organizations including Hope Development Practice, Antioch Community Counseling and Psychology Clinic, Mindfulway Therapy, and the Program for Early Parent Support (PEPS). These experiences strengthened her skills in assessment, treatment planning, diagnostic support, case consultation, and collaborative care while reinforcing her commitment to accessible and relationship-centered mental health services.

In addition to her clinical practice, she has established a distinguished career in program management and organizational leadership. She has served in senior leadership and program management roles at Amazon, Columbia Bank, T-Mobile, Microsoft, and DigiPen Institute of Technology, where she led large-scale initiatives focused on organizational change, employee experience, performance management systems, and operational strategy. Her work has included designing scalable frameworks, aligning stakeholders across functions, managing pilot programs, and implementing enterprise-wide solutions that positively impacted thousands of employees globally.

A dedicated advocate for community service, Mitali actively volunteers with Crisis Connections as a crisis line volunteer, facilitates parent support groups through PEPS, and supports children with autism through equine-assisted therapy programs at Little Bit Therapeutic Riding Center in Redmond. She holds a Master of Arts in Clinical Mental Health Counseling and a Bachelor of Liberal Arts in Business, Psychology, and Mindfulness from Antioch University Seattle, as well as a Project Management Certificate from the University of Washington Bothell.

Through both her counseling practice and leadership work, Mitali Jariwala continues to advance a mission centered on empowerment, healing, and meaningful systems change—helping individuals and organizations alike thrive and grow.

Learn more about Mitali Jariwala:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/mitali-jariwala>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

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