

“Michelle is so awesome. She’s super chill and down to earth and genuinely cares about how I’m feeling and wants to help me make strides towards bettering myself.”

-age 21

"the truth is I've think that a lot of the issues that I came to you with in August have been taken care of, and I feel like I'm well equipped to go into this next semester of school! I do want to thank you so much for the help and compassion and wisdom that you gave me. It means a lot and helped me figure myself out and stay grounded during a rough transition in my life."

-age 20

“Therapy with Michelle was exactly what I needed in my life. I got to voice my concerns with an objective, non-judgmental person who had my best interests in mind, yet wasn’t just there to agree with me. I was challenged in a good way that made me see that my snap decisions and feelings weren’t always true, and that I deserved better treatment from myself, as well as from those around me. Since then, I’ve been able to gain confidence, explore my interests openly and have grown so much as a person. The reason I started seeing Michelle was just a catalyst to help me work through much bigger issues, and I would encourage anyone to give her a shot.”

-age, 38