



Dr. Vande Vrede has helped my child greatly in dealing with his issues. She is very professional and we have seen results in his social and behavioral conduct while working with her. She tailors her treatment to individual needs, and is always willing to discuss any issues that may arise.

Dr. Vande Vrede has been amazing with my 12-year-old on the Autism spectrum. My son suffers from anxiety and social issues. Dr. Vande Vrede shows a great understanding of Autism. My son immediately trusted her from the 1st visit and it has been a match made in heaven! I feel very blessed to have her in our lives!

Kristina Vande Vrede has been my therapist for four years. She is committed to her clients, available, accessible, and accommodating. During sessions Kristina works wonders; her knowledge in psychology is vast. More importantly she listens and cares about her clients.