

The fact that you are reading this says a great deal about you. Despite the circumstances you are facing and the pain you are trying to deal with there is something inside of you that's helping you to keep going, and to try to find a way through the mess and the pain. My hope is to join you in your journey through this mess and pain. I am not the expert on your life, you are. However, I will work to meet you where you are at, hear your story, and together we can go from there.

I am influenced by certain ideas and theories, but I am not going to try and make your story fit into a certain mold. We are going to work together to make sure what happens in our sessions reflects your needs and your goals. I specialize in working with teens, couples (both married and pre-marital), and individuals struggling w/ depression and anxiety.

I am passionate about therapy because it is a relational process. Therapy is about connecting with someone, being seen and heard, and in that process discovering something about yourself which helps you move forward. Please e-mail me or visit my website to set up an appointment. I'll see you soon.

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Families

