

Education: BA in Psychology and BA in Women's Gender and Sexuality Studies from SUNY New Paltz. MA in Mental Health Counseling from Capella University.

Previous Experience: Undergraduate internship working with adolescent girls with anxiety, depression, self-esteem issues and self-harm. Graduate clinical internship working with children, adolescents and adults.

Areas of Focus: I work with children, adolescents and adults. Cognitive behavioral therapy, play therapy for children, positive psychology and mindfulness. Experience treating: depression, anxiety, life changes.