

Education: BA in Psychology from Manhattan College and MSW from Yeshiva University School of Social Work.

Previous Experience: Adolescent Therapeutic Case Manager/ Senior Counselor - Odyssey House, Inc., Retention Support Counselor for Job Placed Clients - Binding Together, Inc., Substance Abuse Clinician - Roosevelt Hospital MMTP, Habilitation Specialist - St. Dominic's Home (Intermediate Care Facility), Senior Clinician - Catholic Charities Community Services of Orange and Sullivan, Clinic Director - Catholic Charities Community Services of Orange and Sullivan.

Areas of Focus: Cognitive Behavioral Therapy (CBT) to treat depression, anxiety, trauma, self-esteem and addiction issues. Use of mindfulness, motivational interviewing and positive psychology to enhance CBT methods.

Awards: JMHCA “Distinguished Service Award” in Alcohol and Substance Abuse Services - 2014