

Education: BA in Psychology with a minor in Natural Sciences from Mount Saint Mary College. MS in Mental Health Counseling from Pace University.

Previous Work Experience: Clinician at St. Christopher's Inc. Young Women's Leadership Center, Admissions Counselor at Glenmont Job Corps.

Additional Training/Specialty: Adolescents, Early Adulthood, Dialectical Behavioral Therapy (DBT), providing psychoeducation, Anxiety, and Depression.