

Education: BA in Psychology at SUNY New Paltz, MA in Mental Health Counseling at Marist College

Previous Work Experience: Counselor at Mental Health Association in Ulster County, Inc. -- Counselor at Mount St. Mary College Counseling Center

Additional Training/Specialty: Children, adolescence and early adulthood (18-35). Anxiety, depression, relationship and eating issues. Cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), play therapy and motivational interviewing.