

Education: BA from the University of Pennsylvania, MBA from the University of Michigan, MSW from Fordham University.

Previous Experience: Clinician providing assessment, treatment planning and individual psychotherapy, as well as support group co-facilitation. College Disability Services Counsellor, leading well-being/mindfulness psychoeducation for young adults living with generalized anxiety and related disorders.

Areas of Focus: Life transitions, depression, anxiety, living with chronic illness, using psychodynamic, positive psychology, and mindfulness techniques/practices.