

I was born in Columbus, Indiana. I moved to the Greenville area during my teenage years. I have been in South Carolina for more than half of my life. I attended USC-Upstate for my BA in Experimental Psychology and Webster University for my MA in Counseling.

As a Licensed Professional Counselor, I have over 25 years of experience in working with individuals struggling with issues in their lives. I work with all walks of life. I feel it's important to meet them where they currently are and to help them get to where they want to be. I work with adolescents and their families, helping to overcome issues within the family, to become closer and to rebuild those familial relationships. I work with adults who are struggling, with where they are in life, and with knowing what the next step will be for them. I work with parents who are struggling to discipline their child(ren) effectively and need additional tools to help them be more effective. I have experience with people in placement, intensive in home services, and also outpatient.

I have experience working with those who suffer from depression, anxiety, sexual abuse, physical abuse, low self-esteem, history of trauma, adjustment disorders and many other diagnosis. I've extensive experience with the foster care system, as well as with children who are still in their home. I have my own eclectic, and unique approach to therapy and use techniques from various perspectives to assist my clients in moving forward in their lives.