

As a psychotherapist with 34 years of post-graduate experience, I provide a safe, non-judgmental setting for someone to think out loud, process his/her feelings, and brainstorm options and possible solutions. The counseling process offers a trusting, respectful and supportive environment to explore issues, behavioral patterns, set realistic goals, and develop additional coping skills. I provide individual, couples/marital, and family therapy, and work with adults with anxiety, depression, trauma, grief and other life transitions, relationship issues, step-family issues, difficulties in communication and conflict resolution as well as personal growth and development.

While studying for my graduate degree, I worked in North Carolina as a certified addictions therapist. Currently, I counsel on relapse prevention with those in recovery and with their families. I am clinically trained in cognitive behavioral therapy, EMDR (a technique which helps the brain process painful memories), and psychodynamic therapy.

It is a privilege to be a part of a client's therapeutic process and witness their growth and change. I have worked in different parts of the country, and Greenville has been my home since 1983. In Greenville, I worked at Compass of Carolina (a United Way agency) for 10 years before entering private practice in 1997. For the last 10 years I have enjoyed working with my colleagues at Bay Laurel.

I have a BS in Psychology from Trinity College in Hartford, Connecticut and a Masters in Clinical Social Work from UNC, Chapel Hill, NC. I have also been active in the SC Society for Clinical Social Workers since I was first established in 1985. I welcome any question you may have about my expertise and credentials.