

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 in their lives. I work with all walks of life. I feel it's important to meet my client's where they are currently 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 working with those who suffer from depression, anxiety, low self-esteem, adjustment disorders and many other diagnoses. I have my own eclectic, and unique approach to therapy and use techniques from various perspectives to assist my clients in moving forward to achieve the goals they have designed for themselves. Some of the approach's I use during therapy are Sandtray, CBT, Solution Focused Therapy, Behavioral Management, Parenting Skills and a Client Centered Approach.