

As a Licensed Professional Counselor (LPC), I have had the privilege of working with a variety of populations through community based practice and multiple inpatient hospital settings.

Currently I work with adults persevering through anxiety, depression, trauma, and adjustment related issues. I also find enjoyment in working with athletes. My experience as a collegiate and professional athlete has equipped me with a unique perspective when assisting individuals who desire to improve their relationship with their sport.

Holistic practice and Multicultural Therapy are at the heart of my work. Each individual is a welcome and accepted client regardless of race, sexual orientation, or religion. As an Internal Family Systems (IFS) therapist candidate (expected 2021), my goal is to be an empowering force toward each individual's ability to accept every part of themselves and alleviate the wounds that hinder optimal health. IFS is an evidence-based, non-pathologizing approach toward achieving wellness, and heavily influences my practice. I also find value in methods related to Cognitive Behavioral Therapy and the derivative Rational Emotive Behavioral Therapy. At the request and comfort level of each individual client, faith-based counseling is available. Faith-based counseling further recognizes the mind, body, and spirit connection and incorporates spirituality with the traditional science-based counseling practices.

I graduated from Clemson University and earned a Bachelor of Arts in Psychology, as well as a Masters of Education (MEd) and an Education Specialist (EdS) degree in Counselor Education. I am licensed in the State of South Carolina, and I am a member of the National Board of Certified Counselors.