

Education: MSW in Social Work from Adelphi University, BA in Communication Disorders from SUNY New Paltz. Additional training in Motivational Interviewing I (MI), Trauma Informed Care and Addiction Recovery.

Previous Work Experience: Individual and group counseling at Step One Child and Family Guidance & Addiction Services Inc. Master level intern providing case management with at risk youth at Dutchess County Community and Family Services.

Areas of Focus: Experience working with adolescents and adults. Experience with trauma informed care, anxiety, depression, life transitions, addiction recovery, Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI).