

Education: BA in Psychology with a minor in Natural Sciences from Mount Saint Mary College. MS in Mental Health Counseling from Pace University.

Previous Experience: Clinician at St. Christopher's Inc. Residential Treatment Center for At-Risk Youth, Admissions Counselor at Glenmont Job Corps.

Areas of Focus: Pre-teens/adolescents, families and early adulthood, psychoeducation, anxiety, depression, trauma, mood disorders, self-esteem, sexuality and help with transitioning into differing phases of life, Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectal Behavioral Therapy (DBT) and collaborative problem solving.