

Education: Bachelors in Social Work from University of Vermont. Masters in Social Work from Fordham University.

Previous Experience: Behavioral Health Counselor at Cornerstone Family Healthcare. Intensive Care Manager for young adults transitioning out of foster care.

Areas of Focus: Adolescents and adults, anxiety, depression, trauma, LGBTQ population. Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and mindfulness.