

I am a Licensed Independent Social Worker in Clinical Practice with 24 years of experience across multiple settings. I have worked in an in-patient/hospital setting as well as out-patient/office-based, home- and school-based settings. I have also worked in supervision, program development and management.

I have been in private practice at Bay Laurel Center since 2008 providing individual and family therapy to children, adolescents and adults. I enjoy seeing individuals and families progress through the change/adjustment process as they learn new coping skills. My role often is to offer a new perspective through which to view a problem or challenge.

I have experience working with depression, anxiety, ADHD, PTSD, adjustment disorders, and grief/loss. I work primarily from a cognitive-behavioral, solution-focused, structural-family and family-systems approach that will in turn impact emotions that are related to an issue.

I am a rostered Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) provider in South Carolina and plan to become nationally certified. TF-CBT is an evidence-based practice for various types of trauma.

I hold a BA in Sociology from Clemson University and a Master's Degree in Social Work from the University of South Carolina. I am active in my professional organization, South Carolina Society for Clinical Social Work, currently as Nominations Committee Chair and Treasurer-Elect for the next board year. I have held the positions of Membership Committee Chair and President of the Board in past years.