

I am a Licensed Independent Social Worker in Clinical Practice with more than 30 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. In addition to direct care, I have also worked in supervision, program development and management.

I have been in private practice at Bay Laurel Center since 2008 providing individual, family and couples therapy. I enjoy seeing clients 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. ACT (Acceptance and Commitment Therapy) is one approach that I use which includes mindfulness strategies mixed in different ways with commitment and behavior-change strategies to increase cognitive flexibility.

I have experience working with depression, anxiety, ADHD, PTSD, adjustment disorders, and grief/loss. I work from an eclectic cognitive-behavioral (CBT), 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. TF-CBT is an evidence-based practice for various types of trauma.

I am fully trained in EMDR and am currently working toward certification. EMDR (Eye Movement Desensitization and Reprocessing) helps you break through the emotional blocks that are keeping you from living an adaptive, emotionally healthy life. More information can be found at www.emdria.org

For couples work I have completed Level 2 Training in Gottman Method Couples Therapy. You can learn more about this approach at www.gottman.com

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 a Full Member of EMDRIA and I am active in my local professional organization, South Carolina Society for Clinical Social Work - currently on the Annual Conference planning committee and in the past as President of the Board, Treasurer, Membership committee chair and Nominations committee chair.