

Education: Bachelors in Psychology from Marist College. Masters in Mental Health Counseling from Marist College.

Previous Experience: Clinician with Mosaic Community Services working with children, young adults, and families in Ulster County. Clinician at Astor Services working with children, families, at-risk youth in Dutchess County. Case manager at a homeless shelter in Dutchess County working with women and children.

Areas of Focus: Substance abuse, depression, anxiety, family conflict, anger management, suicide ideation, self-harming, self-esteem, peer relationships, developing coping skills by utilizing Cognitive Behavior Therapy, Dialectical Behavior Therapy, Motivational Interviewing, and Internal Family System