

Education: Bachelors in Psychology from Ashford University, and Masters in Social Work Fordham University. Licensed NYS Social Worker. Additional education through Beck Institute for Cognitive Behavior Therapy with a focus in Anxiety and Obsessive-Compulsive Disorder and am currently working on a program for Integrative nutrition and mental health. Certified NYS Substance Abuse Counselor.

Previous Experience: Preventive caseworker with NHS for at-risk youth in the Orange county area. Substance abuse/mental health counselor for Catholic Charities in school based adolescent program, as well as adult program in Newburgh and Goshen.

Areas of Focus: Trauma Informed Care, Cognitive Behavior Therapy (CBT), substance abuse, anxiety, depression, children/adolescents, families and individuals affected by addiction, Integrative Nutrition and mental health and, mindfulness practices.