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As a Licensed Professional Counselor (LPC), I have had the privilege of working with a variety of populations through community-based practice and multiple inpatient hospital settings. Currently, I work with adults (18+ only) persevering with anxiety, depression, trauma, and adjustment-related issues. I also find enjoyment in working with athletes. My experiences as a collegiate and professional athlete have equipped me with a unique perspective when assisting individuals who desire to improve their performance and the relationship they have with their sport.

I have completed all levels of training offered by the IFS Institute (Internal Family Systems). IFS is an evidence-based, non-pathologizing approach toward achieving wellness and heavily influences my practice. My goal is to be an empowering aide toward each client's ability to accept every part of themselves and alleviate the wounds that hinder optimal health. I also incorporate methods of Cognitive Behavioral Therapy, Rational Emotive Behavioral Therapy, and Adlerian Psychology. At the request and comfort level of each individual client, faith-based counseling is also available. Faith-based counseling further recognizes the mind, body, and spirit connection, and the impact that spirituality has on an individual's wellness.

Holistic practice and Multicultural Therapy are at the heart of my work. Each individual is a welcome and accepted client regardless of gender, race, sexual orientation, or religion. My methods work best with individuals who are both consistent and willing to commit to the work that growth and health require, even through inevitable discomfort.

I am independently licensed in the state of South Carolina with a Master of Education (MEd) degree and an Education Specialist (EdS) degree in Counselor Education from Clemson University.

If you believe we are the right fit for each other, please utilize the website's contact page to reach out to our administrator.