

Education: MS in Mental Health Counseling from Long Island University, MS in Education from Hunter College, BA in Music from SUNY at Binghamton. Additional training in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Interpersonal Therapy, Mindfulness practices, Suicide Intervention, Unified Treatment (UT) for Co-Occurring Disorders, Trauma & Addiction.

Previous Experience: Renfrew Center of Connecticut, individual, group and family treatment in day and IOP for women ages 14-65 with eating disorders. United Hospice of Rockland, facilitator of bereavement support groups and individual grief counseling.

Areas of Focus: Depression, anxiety, eating disorders, grief, life transitions, self-injury, mindfulness and mind-body connection.