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Regardless of what you are dealing with, I believe in the potential to harness your inner resources to heal and grow. Connecting deeply with the right therapist can help you get to where you want to be.

When you become more aware of what is going on consciously and unconsciously in your mind and body, you can be more effectual, less anxious and/or depressed, and have more energy and joy in your life.

Therapy treats not just the symptoms of what is going on but the 'whole' self. As I get to know you and we create a safe and meaningful relationship, we can make fundamental changes that will have a lasting effect. My skills come from significant training in:

- * Relational psychoanalytic therapy
- * Trauma focused modalities informed by brain research (including EMDR, IFS and other Somatic Interventions)
- * Family systems
- * Couples therapy

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It is also used to overcome many other obstacles such as anxiety and depression, and to facilitate growth and self-exploration. It can also help develop a sense of clarity by establishing and strengthening more adaptive beliefs connected to life's past, present and even future challenges.

I also help couples and families cope with difficulties they might be experiencing. With my post-graduate training at the Ackerman Institute for the Family, I like to look at the whole family or couple as its own system and identify how patterns of behavior can set in motion unhealthy rhythms that cause distress. Through discussion and exploration of the existing patterns, we can identify areas that can be adjusted, thereby positively altering the entire system.

I use a contemporary psychodynamic-integrative approach with my clientele. This means that I integrate the most current theories about mind/body psychology to help you grow and heal. I offer a warm and safe space with compassionate care and listen deeply. We'll create an individualized plan that is just for YOU. *

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