

I am a Certified Social Worker with a Master's Degree in Social Work. I have background experience working with substance abuse and individuals experiencing homelessness. My recent transition into an outpatient therapist has continued to open my eyes to the beauty of resiliency and strengths that lie within each of us.

As David Richo shared, "Our wounds are often the openings into the best and most beautiful part of us". I do believe this to be a very true statement. I work my hardest to create a safe, healing, and therapeutic relationship. I view each client as the experts on their own life, who may be just looking for support through life's obstacles. I embrace multiple modalities and tailor each session to suit individual needs.

