

**Meeting a counselor for the first time without knowing how he will approach the process of therapy can be daunting. I understand how vulnerable you may be feeling and offer a safe, validating, and compassionate response. Pain and struggle can often be overwhelming.**

**My gentle, positive, strengths-based approach to growth and change will provide perspective and insight into your life experiences. You can learn to see yourself and your problems in a different light. We will examine your challenges together and formulate a workable plan for gaining mastery over them, one small step at a time.**

**As we engage together, you will have the opportunity to develop a better understanding of your past, face your present situation, and create a more manageable, meaningful existence. Whether you're facing anxiety, depression, grief, loss, trauma, relationship problems, addiction, family issues, career challenges or have questions about gender identity and sexual orientation, we can collaborate to find solutions and build resilience.**

**My office is a judgment-free space, and I happily welcome clients from every race, religion, orientation and background.**