



Are you going through the motions rather than actually living life? If so, I would like to help you change that. I work with individuals struggling with life-interfering bxs, whether that be an eating disorder, substance abuse, depression, anxiety, trauma, suicidal ideation, or self-harm. I particularly enjoy working with individuals with BPD and I offer structured DBT individual sessions, coaching, and the ability to enroll in a skills group at St. Louis DBT. With DBT, individuals learn how to: live in the moment, recognize and regulate emotions, skills for coping, and create a life worth living again.

DBT provides immediate coping skills before delving into deeper therapeutic work, if wanted. Deeper therapeutic work can be accomplished through my other specializations: Prolonged Exposure Therapy, Expressive Therapy, CPT, and Schema Therapy.

Before private practice, I worked in eating disorder and substance abuse Residential/PHP/IOP for 6+ years. During that time, I witnessed deep and meaningful change in individuals who never thought it was possible. I truly believe anyone has the power to change and would love to be part of your journey.