



I am co-owner of Psychological services of St. Louis, LLC, where I provide psychotherapy to individuals, couples, and groups, and conduct psychological assessments. I have helped people manage a wide variety of problems including anxiety and mood disorders, substance use issues, adjustment difficulties, social/relationship problems, self-esteem and assertiveness issues, anger and impulsivity, career and life direction issues, sexual orientation and gender-related problems, unusual experiences, and existential concerns. I believe strongly in taking the time to know and understand my clients so we can collaboratively find a treatment approach that fits and is as effective as possible.

I have worked in a variety of treatment settings including outpatient clinics, college counseling centers, community mental health centers, and substance disorder treatment centers. I am competent to provide a wide range of services. I work from an integrative perspective, tailoring the treatment to the person.

I have received specialized training in interpersonal/relationship issues. I am also a SafeZone-trained LGBT ally. I provide psychological assessments, often court-ordered.