



Often times, how we feel about ourselves, others, and situations have a lot to do with the stories of our lives and problems that arise in social, cultural and political contexts. I collaborate with clients to create alternate stories that creatively solve their problems and increase their fulfillment in life. As a result, I am very committed to understanding and incorporating cultural aspects of the client's life into treatment. I view therapy as a collaborative experience where we select goals/objectives that will help you become the person you want to be or experience the relief you seek.

I provide psychological assessment and psychotherapy for individuals experiencing anxiety and mood disorders, persons grappling with gender and/or sexual identity issues, or those adjusting to the many ways of being masculine. I also provide therapy for persons seeking help related to the lived-experience of AIDS/HIV, sexual abuse and PTSD.

One important mission for me is to provide lesbian, gay, bisexual, transgender, and queer communities an affirming therapeutic environment where one's sexual orientation and gender identity are understood and supported, free from the judgment that homosexual, bisexual or transgender experiences are pathological. I embrace sex-positivity as my attitude towards human sexuality.