Beginning therapy can be one of the most challenging experiences but it can be rewarding and life changing. I'm so happy you have made this step to engage in a therapeutic relationship that will help you on your life path. I provide culturally sensitive and compassionate individual and couples* psychotherapy and have over ten years of experience. I am licensed in both Illinois and Missouri.

I have worked at several university counseling centers in Illinois and Denver, Colorado and am well versed in the constellation of challenges that students face. I specialize in addressing concerns of relationships, anxiety, trauma, grief and loss, adjustment, self esteem, marital conflict, and academic success (time management, procrastination, public speaking, dissertation management). My therapeutic style tends to be more relational, active, and collaborative; I like to have you help me better understand how our work together can assist you in making the changes you want to see in your life. I utilize and integrate theories such as contemporary relational psychodynamic, behavioral, Gottman, and positive psychology; I enjoy teaching clients ways to integrate mindfulness and meditation into their lives. Doing the work in therapy is not always easy, not always fast, and not always fun, but it can be one of the most rewarding things you can do for yourself.

About me: I love being outdoors and see nature as very therapeutic. Hiking, walking, running, swimming, and yoga are some of my interests and self care strategies.