

PROFESSIONAL PROFILE

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Philosophy & Approach:

We all face times when we feel overwhelmed, anxious and stuck with current life issues or ineffective patterns of coping. My professional commitment is to provide my clients with insight, compassionate support, and new tools to help them navigate through difficult times and improve the quality of their lives. Working with me is an active and collaborative process based on respect and the specific needs of each individual. I seek to offer new perspectives and possibilities - you CAN create change in your life!

Specialization:

Individuals:

- Addiction (drugs, alcohol, sex, food, shoplifting, shopping, gambling, poly-addictions)
- Life transitions
- Stress/anxiety
- Trauma & Grief

Couples: “Meaning in life is not what happens to people but between people.”

- Building healthier communication patterns
- Relationship transitions
- Peaceful conflict resolution
- Developing shared vision and goals

Licenses & Certifications:

LPC: Licensed Professional Counselor
CSAT: Certified Sex Addiction Therapist

Education:

M.Ed.: Master's in Educational Psychology – The University of Texas at Austin

MBA: Master's in Business Administration – The University of Texas at Austin

BS: Bachelor of Science in Finance – Villanova University

Fee structure:

- Standard fee for 50 minute session
- Do not work with insurance; will provide receipts for client to submit for reimbursement
- Fees for consulting, training, speaking - vary
- Contact for current fees and payment responsibility

Professional Affiliations:

- Society for the Advancement of Sexual Health
- Austin Psychotherapy Association
- University of Texas Center for Students in Recovery – Advisory Committee Chairperson