

The therapy journey is a personal exploration that will lead to a better understanding of yourself and may lead to major and/or minor changes in your life perspectives, experiences and choices. These changes may affect your relationships with your significant other, family, friends, coworkers, or other important people in your life.

My goal as a therapist is to help individuals and couples find relief from the pain, discomfort or distress that brought them into therapy. I believe that therapy is a collaborative effort to help people navigate things they think they should or should not do, versus making the choices that are the best option for them.

I have worked with a culturally diverse population over the years. My counseling approach is an eclectic integration of various theoretical approaches including person-centered, solution focused brief therapy, cognitive behavioral therapy, and adjustment therapy. I have experience counseling adults, adolescents, people with traumatic brain injuries, and people with disabilities or major health challenges. In addition, I can administer vocational assessments and provide career counseling.

I received my Bachelor of Science in Sociology and Psychology from Eastern Michigan University and my Master of Arts in Rehabilitation Counseling from Wayne State University. I am a Licensed Professional Counselor, Certified Rehabilitation Counselor, and a Certified Brain Injury Specialist.