



I am a Marriage and Family Therapist, licensed to provide professional mental health services in the state of Illinois and California. I decided to become a therapist after witnessing its incredible potential for healing for many people in my life and community—and it's the continued hope, determination, and recovery I am privileged to witness in this work that keep me dedicated to this field. My experience includes working with youth and adults with a wide range of life and mental health challenges in a variety of clinical and community settings, as well as teaching and mentoring the next generation of therapist healers.

I have a particular interest in supporting both those struggling with addiction and their family members. I have worked with and am knowledgeable about many available treatment programs and the recovery community. I also have a passion for working with trauma-survivors, those struggling with self-criticism and low self-worth, as well as helping people navigate a variety of life transitions. I have received in-depth training in evidence-based approaches to treating the trauma and adverse life experiences underlying many of these challenges, including Eye Movement Desensitization and Reprocessing, or EMDR. Please read on below and visit my Therapy Services page to learn more.

## MY APPROACH

The care and support that allows each person to grow and thrive is unique. Whether you're hoping to reduce the impact of life's stressors, improve your well being and connection with others, enhance self-understanding, or be more present in important areas of life, our work together will recognize your individuality and be driven by your goals. I focus on building a relationship in which you feel you are treated with respect, understanding, and compassion, where you can experience a sense of safety in sharing about sensitive parts of your life. I draw on a variety of effective therapy approaches to support your healing and growth, including mindfulness, trauma-informed and strength-based techniques, examining family dynamics and relationships, and helping you understand the role of neurobiology in your resilience and challenges.

My style is warm, nonjudgmental, and collaborative—it's important to me that you feel like you're in the room with a real person. I'll incorporate building knowledge and practical coping skills with reflective self-examination. We'll start by exploring the areas of your life you'd like to work on, go at your pace, and adjust as necessary along the way.