

Recovery and Balance

Adapt.

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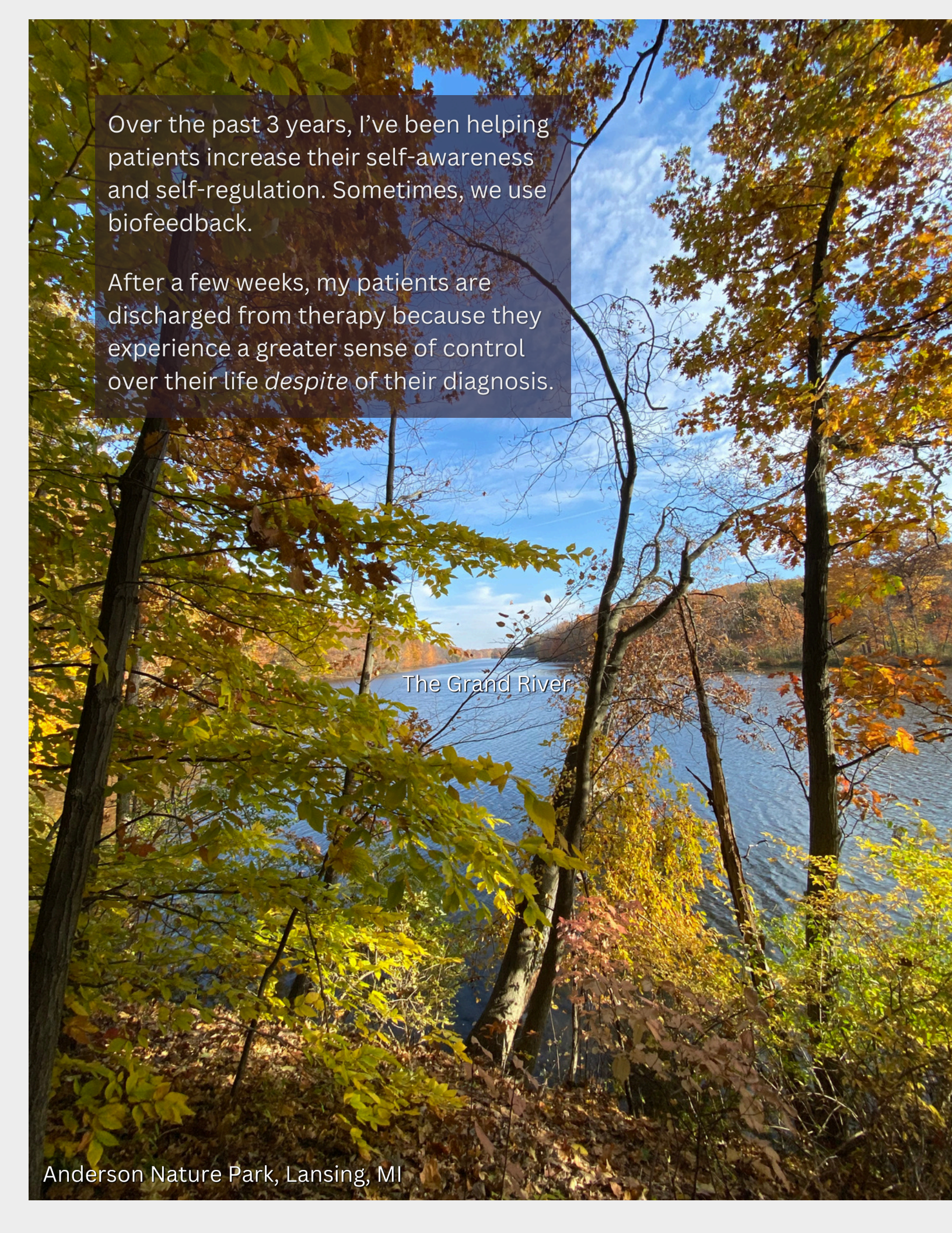
I'm glad you're here.

The Grand River

I'd like to understand your experience. Your diagnosis can be debilitating and you're often left on your own to figure it out.

Just going through with your symptoms is not enough; often it is not the the only answer.

Anderson Nature Park, Lansing, MI



Over the past 3 years, I've been helping patients increase their self-awareness and self-regulation. Sometimes, we use biofeedback.

After a few weeks, my patients are discharged from therapy because they experience a greater sense of control over their life *despite* of their diagnosis.

The Grand River

Anderson Nature Park, Lansing, MI

My patients usually experience a difference on the first 3-5 appointments.

Some patients need as little as 6 sessions while some patients need close to 22 sessions. On average, my patients typically need around 12 sessions.

I learned from experience that I need to provide high frequency sessions in the beginning. For example, patients can expect to see me everyday for 2 weeks (10 sessions) and then on as needed basis after that.



Let's get you started.

Below are the insurances I accept:

Aetna
Priority Health
Blue Care Network
Blue Cross Blue Shield of Michigan
Quest Behavioral Health
Cigna

For patients with:

Chronic pain
Functional Neurological Disorder
Stroke
Pelvic Floor Disorder
Fibromyalgia
Headache
Insomnia
Irritable Bowel Syndrome
Raynaud's Syndrome
Temporomandibular Joint Disorder

Contact me to get started:

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