

Education: PsyD in Clinical Psychology from Massachusetts School of Professional Psychology, MA in Psychology from New York University, and a BA in Psychology from Binghamton University.

Previous Experience: I am a licensed clinical psychologist who offers individual and group psychotherapy to children, adolescents, adults, and their families. I have extensive experience working with a broad range of psychological concerns. I am trained in Dialectical Behavioral Therapy (DBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Collaborative Problem Solving. I use a flexible, eclectic, non-judgmental, client-centered approach to ensure that every client will receive his/her/their own individualized treatment. I have experience working in a range of settings from Residential Treatment Centers to Intensive Outpatient Family Based Therapy for eating disorders and inpatient units at hospitals. I work with individuals dealing with anxiety and mood disorders, issues with self injury, questioning identity, trauma, relationship problems, and divorce. When working with adults, I see people who feel stuck as they try to carve out a career path or seek out and maintain intimate relationships. I have provided DBT skills training to a variety of groups from teens and their parents to residential staff and school personnel. I also have supervised a number of mental health professionals and interns with a focus on the needs and skills associated with treating children and adolescents.

Areas of focus: Through therapy, I create a safe and supportive space where fears and destructive behaviors can be overcome, where the impact of trauma can be faced and explored, and where you can begin to re-establish a sense of safety and connectedness in the world. In treatment, we'll address problematic relationship patterns - past and present - as well as provide you with skills to manage the immediate challenges you face. I use this integrative approach to create a safe environment where, together, we can wade through uncertain waters at a pace that is right for you.