

Education: Sheena earned her Master's from Adelphi University with a concentration in adolescent and family therapy. Postgraduate, She has attended multiple clinical workshops and became certified in several evidence-based family treatment models. Working with several modalities has allowed her to utilize her experience to work with youth and families from many walks of life. Sheena has also worked with many folks who have had trauma experiences and assisted them in their journeys.

Previous Experience: Sheena has spent upwards of a decade working with children and families throughout Orange County to promote permanency and children safely staying with their families. With time and experience, she was able to start two clinical preventive programs within the county. She has provided supervision to clinicians around engagement and clinical trainings. Sheena took some time to join administration for multiple agencies, until she decided to go full time with the practice to provide meaningful therapy for the community.

Areas of Focus: I have extensive experience working with adolescents and families. Specially trained in trauma, LGBTQ, Cognitive Behavioral Therapy (CBT), familial second order change evidence-based practice.