

What is psychotherapy?

Psychotherapy is a collaborative, professional relationship designed to help individuals better understand themselves, navigate life's challenges, and create meaningful, lasting change. Therapy provides a safe, supportive, and confidential space to explore thoughts, emotions, behaviors, and life experiences without judgment.

At the heart of psychotherapy is unconditional positive regard—the belief that every person deserves empathy, respect, and acceptance exactly as they are. You will be met with warmth, compassion, and genuine understanding, which helps create the safety necessary for insight, healing, and growth.

A Cognitive Behavioral Approach

One of the primary approaches used in therapy is Cognitive Behavioral Therapy (CBT). CBT is based on the understanding that our thoughts, emotions, and behaviors are interconnected. In our work together, we identify patterns of thinking or behavior that may be contributing to distress and develop practical, evidence-based strategies to support change. This approach is typically structured, goal-oriented, and focused on building skills you can apply in everyday life to improve emotional regulation, problem-solving, and resilience.

Assessment and Ongoing Understanding

Psychotherapy often begins with a thoughtful assessment process, which may include discussion of your personal history, current concerns, strengths, and goals, as well as the use of clinical questionnaires or other assessment tools when appropriate. Assessment is an ongoing process that helps guide treatment, track progress, and ensure therapy remains responsive to your evolving needs. The purpose is not to label, but to develop a clear, individualized understanding of your experiences.

A Collaborative Therapeutic Relationship

Therapy is a collaborative process. Goals are developed together, progress is reviewed openly, and your feedback is always encouraged. You are the expert on your own life, and therapy is most effective when it reflects your values, preferences, and priorities. My role is to offer professional insight, structure, and support as we work together toward meaningful change.

Areas of Focus and Conditions Treated

I work primarily with adults and provide support for a range of concerns, including:

- Mood disorders, such as depression and bipolar disorder
- Anxiety, including chronic worry, stress, and emotional overwhelm
- Learning and attention differences, including ADHD
- Relationship challenges, including communication difficulties and interpersonal conflict
- Work-related stress, burnout, leadership challenges, and other career-related concerns
- Communication difficulties, including assertiveness and emotional
- Trauma, including the impact of past or recent distressing experiences
- Grief and loss, including bereavement and life transitions

Treatment is individualized and may integrate skill-building, insight-oriented work, and practical strategies to help you move toward greater balance, clarity, and well-being.