

The decision to begin seeing a therapist is often a difficult one to make. Many things bring us to this point; failing relationships, trauma, grief, illness, as well as the desire to grow as an individual, a couple, or a family. Finding the right therapist for you is an essential part of that process.

Michele is a board-certified Mental Health Counselor, as well as a Marriage and Family Therapist. She received her Masters Degree from Gonzaga University in Marriage and Family Therapy, and is member of the American Association for Marriage and Family Therapy (AAMFT). Michele has advanced training in Emotional Focused Therapy (EFT), and works with couples to repair and strengthen their relationship. She also utilizes EFT to help families understand and resolve conflict, and to strengthen their bonds with each other. Michele sees individual clients, age 14 and older, and enjoys working with teenagers and young adult as well as adults.

Prior to opening her private practice, Michele was a member of the Department of Behavioral Health at Deaconess Medical Center, where she had a hospital-based practice counseling cancer patients and their families. She has a special interest in supporting individuals, couples and families who are dealing with the challenge of acute or chronic physical and/or mental illness, or who are going through the grief process.