



Meet Your Therapist

As a Licensed Professional Counselor (LPC), I am passionate about supporting individuals and families as they navigate life's challenges, build resilience, and move toward healing and personal growth. My background includes experience in mental health assessment, crisis intervention, treatment planning, and collaborative care. I hold a master's degree in education with a concentration in counseling, and my professional experience spans school, community, and clinical settings.

Throughout my clinical experience, I have had the privilege of working with individuals across the lifespan through individual counseling, family counseling, group therapy, and couples counseling. My approach is compassionate, collaborative, and tailored to the unique needs of each client. I incorporate evidence-based practices, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and trauma-informed approaches, to help clients better understand themselves, develop effective coping skills, and create meaningful change.

My experience also includes supporting individuals experiencing depression, anxiety, trauma-related concerns, life transitions, relationship and family challenges, grief, and behavioral or emotional difficulties. I believe therapy should provide a safe and supportive environment where clients feel heard, respected, and empowered to explore their experiences without judgment.

I view counseling as a collaborative process. Rather than taking a one-size-fits-all approach, I work alongside each client to identify their needs, recognize their strengths, establish meaningful goals, and develop practical strategies that support lasting growth and emotional well-being.

If you are ready to take the next step toward healing, growth, and greater emotional well-being, I would be honored to walk alongside you on that journey. At **A Promise to Self-Healing**, you will find a compassionate and supportive space where your experiences matter, your voice is valued, and your goals help guide the therapeutic process.

Your promise to yourself begins here.