



With a solid background in mental health assessment, crisis intervention, and collaborative treatment planning, I am passionate about supporting individuals and families on their journey toward healing and growth. My educational foundation includes a master's degree in education with a concentration in counseling, where I gained hands-on experience through practicum and internship placements working with diverse populations in school and community settings. As a Licensed Professional Counselor Associate, I am honored to work under the guidance and supervision of Russell Armstrong, LPC, as I continue to grow in my commitment to providing compassionate, client-centered care.

Throughout my clinical experience, I've had the privilege of working with people of all ages, offering individual counseling (ages 9 and up), family counseling, group therapy, and couples counseling. My approach is rooted in evidence-based practices, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and trauma-informed care, tailored to meet the unique needs of each client.

My experience also includes facilitating transitions from alternative placements and delivering ongoing support to address behavioral health challenges such as depression, anxiety, PTSD, and more.

Currently, as a mental health clinician I continue to develop and implement treatment plans, monitor client progress, and document clinical interventions in alignment with best practices. I am committed to providing compassionate, confidential care while collaborating with families, schools, and external service providers to ensure comprehensive and coordinated support.

If you're ready to take the next step toward healing, growth, and emotional well-being, I would be honored to walk alongside you on that journey. At **A Promise to Self-Healing**, I believe that every individual deserves a safe, supportive space to be heard, understood, and empowered. Together, we can honor your story and work toward the life you deserve. Your promise to yourself begins here.