

Interested in working with me?

Free 20-minute consultation
Book at
E-MOTIVEcounseling.com

Determine best fit with me:

Not a fit with me? I will help you find a referral.

Struggling with sleep?

Phase one: Sleep therapy
(Cognitive Behavioral Therapy for Insomnia & Behavioral Sleep Medicine)

4-6 sessions
(on average)

Improved sleep and overall health!

Struggling with anxiety, depression, trauma?

Phase two: Renewal
(Brainspotting, Dance/Movement Therapy & Person Centered Therapy)

3-6 months or more
(on average)

Improved overall self!

Not needing 1:1 therapy but needing support in group setting?

Workshops/Retreats (Sleep health, Authentic Movement & Brainspotting)

Day events or retreats
(periodic through year)

Improved connection to self and others!