



I have over 25 years of experience as an educator, counselor, trainer and mindfulness coach. I believe in an integrated approach that optimizes mind, body and spirit. I work with individuals of many ages (children, adolescents & adults). I specialize in helping individuals overcome anxiety, depression, attentional problems and other life challenges. I employ a variety of techniques drawn from CBT, Existential Therapy, Narrative therapy, Art therapy, Solution Focused Therapy and Meditative practices. Our goal together will be to learn from the challenges that life presents and to create a path forward that is meaningful, authentic and directed towards your own goals and aspirations. We will have fun, be creative and share in the optimism of the many possibilities ahead.

"I often say that this or that person has not yet found themselves. But the self is not something one finds, it is something one creates."- Thomas Szasz