

Services Provided

As a Licensed Clinical Social Worker I Provide:

- Individual, couple, adolescent, and family counseling.

Specialties in Counseling Include:

- Adolescent/Young Adult Issues (body image, self-esteem, academic pressures)
- Parenting (parenting more effectively, setting and sticking to clear limits)
- Domestic Abuse or Domestic Violence (breaking the cycle of violence)
- Relationship Issues (utilizing the [Prepare/Enrich](#) customized couple assessment tool)
- Depression (help in restoring to previous level of effective functioning)
- Anxiety or Fears (overcoming negative thoughts and fears that can lead to anxiety; relaxation techniques)
- Loss or Grief (including pet loss)
- Spirituality (questions, doubts, how it can help through difficult times)
- Women's Issues (empowerment, self-esteem, stress management)

Treatment Preferences:

- Eclectic (therapy particular to the client's needs)
- Family Systems
- Family/Marital/Couples Therapy
- Humanistic Therapy
- Cognitive Behavioral Therapy

I Do Not Provide:

- Services that would include legal involvement or disability services of any kind. This includes but is not limited to: psychological evaluations; custody evaluations; expert witness services; fitness for duty, work readiness or disability recommendations or anything related to court ordered or legal proceedings.