

Young Adults  
Adults  
Elders

Individuals  
Couples  
Coaching



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**Licensed Professional Counselor**  
**Licensed Marriage and Family Therapist**

**Professional Interests / Specialties:**

Feel unhappy? Overwhelmed? Stuck? Feel like the same problems keep showing up? Therapy is a safe place to explore your relationships with people (family, friends, partner) or things (food, money or alcohol). I provide short-term solution-oriented counseling or long-term in-depth psychotherapy to help you gain insight and overcome your personal challenges. My areas of specialization include:

- Self-Esteem/Personal Growth
- Communication Skills/Assertiveness
- Relationship Issues/Conflict Resolution
- Alcohol/Drugs/Addictions/Codependency
- Premarital/Marriage Counseling
- Stress/Depression/Anxiety
- Work/Life Balance
- Grief Counseling

**Education:**

MA, Antioch University, Los Angeles - Clinical Psychology and Marriage, Family & Child Counseling  
BA, Indiana University, Bloomington, Indiana - Communications and Sociology

**Background / Experience:**

I have been in private practice since 1988, working extensively with individuals and couples. My experience also includes Judicial Custody Mediation, Residential Alcohol and Drug Treatment, Emergency Crisis and Trauma Response, Hospice/Grief/Bereavement, Social Services Family Reunification, Suicide Prevention, and Treatment of Emotionally Disturbed Children. Prior to my counseling career I worked for a large corporation.

**Professional Affiliations / Activities:**

- American Mental Health Alliance-Oregon
- Oregon Assoc. of Marriage & Family Therapists  
Board Member
- California Assoc. of Marriage & Family Therapists  
Past Division President and Board Member
- American Assoc. of Marriage & Family Therapists
- Academy of Certified Domestic Violence  
Counselors-Diplomate
- National Assoc. of Forensic Counselors-Diplomate

**Wheel Chair Access: Yes**