

**Adults
Older Adolescents**

**Individuals
Couples
Supervision
Consultation**



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Licensed Professional Counselor

Professional Interests / Specialties:

I work to help clients move toward their goals, starting with a brief, problem-focused or solution-focused approach. If the obstacles to change warrant deeper exploration, I use a developmental, psychodynamic, or family-of-origin approach.

I specialize in couples counseling, relationship problems, sexuality and sexual problems, anxiety and mood disorders and childhood history of abuse.

I'm always searching for the right questions or comments that will help people think about themselves and their problems in a new way. I consider it a privilege to walk alongside my clients in their journeys toward emotional well-being, and I honor the courage it takes for them to make changes, allowing me to see their darkest sides, as well as their strengths.

Education:

M.A. in Counseling Psychology at Lewis & Clark College, 1986. Advanced training in sex therapy, EMDR, couples counseling, brief therapy, post-traumatic stress disorder and mood disorders.

Background / Experience:

15 years at Columbia River Mental Health Services doing individual and group outpatient therapy and clinical supervision. Private practice since 1988 in both group and solo practice. Consultation to other clinicians regarding their clients' sexual problems and issues.

Professional Affiliations /Activities:

American Mental Health Alliance – Oregon

American Counseling Association

Oregon Mental Health Counseling Association

Public and professional presentations on Sex Therapy, Adult Sexuality, and Sexuality in Menopause

Wheel Chair Access: Yes