

MY APPROACH

Therapy can be brief and specifically solution-focused, or it can provide a place for in-depth attention around more serious problems. I use a non-formulaic approach to counseling, which means that I will utilize psychological interventions that are suited to your needs. ***Our work together will be about aligning your strengths*** with your goals, identifying and exploring the problem, and finding practical, workable solutions. If you're curious about specific therapeutic models or approaches, be sure to ask me.

You already possess a wisdom about your life that will make itself known in our sessions. I encourage you to be curious about yourself and what's troubling you!