



### Contact Information

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<b>Professional Services</b>	Financial Therapist, Financial Coach, Psychotherapist
<b>Practice Approach</b>	Cognitive Behavioral Therapy, Solutions-Focused Coaching, Trauma-Focused and Strength-based approaches.
<b>Client Focus</b>	Individuals and couples
<b>Typical Client Profile</b>	Age: Millennials, working adults, retirees. Gender: male and female Income: Open Net Worth: Open
<b>Licenses/Certifications/Designations</b>	LPC Virginia LCPC Maryland
<b>Education</b>	MS Counseling, The Johns Hopkins University, BS Accounting, University Of North Carolina at Charlotte
<b>Fee Structure</b>	Per session fee
<b>Years in Practice</b>	10+ years
<b>Professional Association Affiliations</b>	Financial Therapy Association American Counseling Association Northern Virginia Licensed Professional Counselors
<b>Do you work at a distance such as with Skype?</b>	Yes
<b>Research Interests</b>	Money beliefs and career selection

### Personal Statement

Financial Therapy can enable you to manage your money more effectively, decrease money conflicts with loved ones, and just worry less about it. We can explore your beliefs, attitudes and emotions about money and what experiences and events may be influencing your money behaviors. This can improve how you save, spend, and choose to earn your living; contributing to your overall well-being.

In my office you will enjoy a safe, supportive, nonjudgmental environment. Here you can explore the effects of a challenging family history, navigate important financial life transitions and effectively manage current money stressors that may be affecting you. Together we can develop and work a plan that supports your personal goals, values and abilities to create the sustainable financial life you want.

My background includes clinical counseling, coaching, finance and the working world of career and transition. I offer flexible office appointments including evenings, early morning hours and extended session options. I have extensive experience with and support: Working/Retired Adults, Millennials, Military and Couples experiencing money conflicts.