



Contact Information

Contact Information
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 Grove Emotional Health Collaborative
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Professional Services	Psychotherapist, Speaker, Group Moderator
Practice Approach	Cognitive Behavioral Therapy, Mindfulness, Solution-Focused Therapy, Motivational Interviewing
Client Focus	Adolescent, Young Adult, Adults and Couples
Typical Client Profile	Age: 21-55 Gender: All Income: 18K-500K Net worth: Negative (in debt)-\$1M
Licenses/Certifications/Designations	LMSW. Certified in: Financial Social Work, Integrative Behavioral Health in Primary Care, and Everyday Parenting
Education	B.A. Michigan State University, Sociology. M.S.W. University of Michigan
Fee Structure	Hourly, accept insurance on certain occasions, contact for details
Years in Practice	5
Professional Association Affiliations	Financial Therapy Association
Works with distance clients?	Yes

Personal Statement

Our relationship with money does not exist in a vacuum. We learn conflicting lessons about money from our families of origin, our employers, society, and friends. Financial secrets, infidelity, and illiteracy are detrimental to our relationships with ourselves and others. Personal finance is the final “taboo” in our culture and in order to feel balanced with one’s relationship to money, I believe that all people deserve access to no-nonsense financial literacy education. I believe that with non-judgmental, compassionate financial guidance, people can learn to feel empowered and strong in their financial choices. I combine my expertise in traditional psychotherapy with financial literacy education to provide a tailored service for anyone seeking guidance with emotions tied to their finances.