



## Contact Information

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<b>Professional Services</b>	1) Financial therapy for individuals, couples and families. 2) Use Gottman Method Couples Therapy to help couples talk with and emotionally connect with each other about a variety of issues, including financial concerns. 3) Groups, workshops, and presentations.
<b>Practice Approach</b>	Gottman Method Couples Therapy (have completed Level 3 training, plus a training on Treating Affairs and Trauma), Solution-Focused Therapy, and Cognitive-Behavioral Therapy.
<b>Client Focus</b>	Individuals, couples, and families.
<b>Typical Client Profile</b>	Clients wanting to explore issues concerning money in a therapeutic setting.
<b>Licenses/Certifications/Designations</b>	Licensed Professional Counselor
<b>Education</b>	M.A., Community Counseling, University of Northern Colorado M.S., Consumer Science, Colorado State University
<b>Fee Structure</b>	Per-hour fee
<b>Years in Practice</b>	Graduated in 2005 with master's degree in Community Counseling.
<b>Professional Association Affiliations</b>	Financial Therapy Association
<b>Do you work <i>at a distance</i> such as with Skype?</b>	Yes, via FaceTime and Vsee.
<b>Research Interests</b>	Optimizing communication about finances between couples.

## Personal Statement

When money is a source of stress and worry, that stress can influence many aspects of your life, including your marriage or partnership; relationships with children/family members/friends; your career, and your health. Most of our adult beliefs about money are based on earlier life experiences. These core money issues affect our adult relationships. To make lasting changes to budgeting, spending, savings, and investing plans, it is very helpful to learn more about our underlying beliefs/values about money.

Regarding my specialty of working with couples, I have been fascinated with relationships for many years. I work with couples going through a variety of challenges. It can be very powerful to have a neutral third party in the room, helping each person understand themselves and their partner better. I help facilitate the process of couples improving skills at talking with each other about issues, and have training in Gottman Method Couples Therapy.