



Contact Information

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Personal Statement

When the thought of money comes to mind, what feelings follow? Are you energized, notice a sense of security and satisfaction? Or, maybe anxiety, resistance, envy, or depression surface. Money pervades our lives on many levels—symbolic as well as pragmatic. A person’s relationship to money and beliefs about the implications of financial status are foundational to behaviors that enhance or undermine our efforts to realize good fortune and develop magnanimity. As a psychologist, I provide financial therapy to relieve anxiety around money matters and build capacity for thoughtful conversations about finances, as well as for informed management of personal fiscal issues. Exploring lifetime experiences with money and related beliefs have led many to enhanced achievement, improved interpersonal relationships, and a deeper sense of security. Consulting, counseling, seminars, and educational speeches are available for individuals, couples, and groups.

Professional Services	Licensed Clinical Psychologist; Financial Therapist and Certified Financial Coach(CMC); Adjunct Faculty Antioch University;
Practice Approach	Psychodynamic with the integration of psychoeducation, solution focus and cognitive behavioral techniques as appropriate
Client Focus	e.g., individuals, couples, families
Typical Client Profile	50's and above; Retired; \$50,000 - \$5,000,000.
Licenses/Certifications/Designations	PSY26074
Education	Stanford BA & MA; Pacific School of Religion MA; San Francisco Theological Seminary Diploma of Spiritual Direction; Pacifica Graduate Institute PHD Clinical Psychology
Fee Structure	\$200/hr
Years in Practice	Five
Professional Association Affiliations	American Psychological Assoc., California Psychological Association, Santa Barbara Psychological Association; Financial Therapy Assoc., and affiliated with Nazrudin.
Do you work <i>at a distance</i> such as with Skype?	Not as a preference
Research Interests	Neutralizing the emotional content of financial behaviors, beliefs, and attitudes that sabotage wellbeing of the individual, couple, and family.