



## Contact Information

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## Personal Statement

Whether the stress is happening for you in the boardroom or bedroom, the ball field, or bank let me help you. My years as a therapist, competitive yacht racer, and alumni of Boston College have given me a solid understanding of what life is like when your Bentley is a decision point of joy or pain. Life should always have highs and lows that are survivable. Let me assist you in uncovering the directions you or your team would like to travel. You just need to reach out and call 703-665-0754 today.

<b>Professional Services</b>	Executive Coach, Professor, Media Expert, & Speaker
<b>Practice Approach</b>	Family Systems, Mind-Body Mindfulness, Critical Incident Stress Debriefing/Crisis Management, Solution Focused Coaching, Cognitive Behavioral Therapy
<b>Client Focus</b>	Medical and Science Professionals, Athletes, Business Owners, Teams, Couples, & Individuals
<b>Typical Client Profile</b>	Age: 23+ Gender: Any Income: \$125,000+ Net Worth: \$250,000+
<b>Licenses/Certifications/Designations</b>	PhD Virginia LMFT 0717001193 California LMFT 41187
<b>Education</b>	Capella University – Doctorate: Counselor Education & Supervision Boston College - Master's and Bachelors: Counseling
<b>Fee Structure</b>	Varies
<b>Years in Practice</b>	18
<b>Professional Association Affiliations</b>	Northern Virginia Licensed Professional Counselors Financial Therapy Association
<b>Do you work at a distance such as with Skype?</b>	Yes, <a href="https://doxy.me">https://doxy.me</a>
<b>Research Interests</b>	Health, wealth, nutrition, bipolar, addictions, loss, & debt