



Contact Information

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Personal Statement

I work with individuals and couples to communicate better and learn the skills to begin building more fulfilling and healthy relationships. I have a particular interest in working with young adults experiencing a quarter-life crisis. We can work together to identify your values, bring awareness to your innate knowledge and intuition and support your journey to find healing, growth and recognize your deepest self. I extensively navigate the communication pitfalls of relationships and help to rebuild strong relationship foundations. A foundation built on emotional intimacy, vulnerability, and solid communication skills, appreciation and acceptance are the keys to my approach, with the use of positive psychology and building on individual and couple strengths.

Professional Services	Individual therapy for anxiety, depression and relationship issues. Couples therapy to communicate effectively regarding needs, financial challenges, learn healthy conflict resolutions skills and to re-build intimacy and trust.
Practice Approach	I am an interactive, collaborative and solution-focused therapist. I integrate complementary methodologies and techniques to offer a highly personalized approach tailored to each client. I provide support, tools and practical feedback to help clients address life challenges.
Client Focus	Individuals & Couples
Typical Client Profile	Age: 21-50 Gender: Male & Female Income: 100,000
Licenses/Certifications/Designations	LMFT, CDWF
Education	
Fee Structure	Hourly
Years in Practice	10
Professional Association Affiliations	American Association of Family Therapists, Illinois Association of Family Therapists, Certified Daring Way Facilitator
Do you work at a distance such as with Skype?	I will do an occasional Skype session, but I prefer in person sessions.
Research Interests	Couples financial communication