Financial Therapist Network Listing

Professional Services	Financial therapy for Individuals Couples financial therapy Financial coaching Psychotherapy
Practice Approach	Solutions based Client-centered Psychodynamic
Client Focus	Individuals and Couples
Typical Client Profile	Age: Any Gender: Any Income: Any Net Worth: Any
Licenses/Certifications/ Designations	Licensed Marriage and Family Therapist CA License MFC45819 Certified EMDR Therapist
Education	M.A. Counseling Psychology, California Institute of Integral Studies B.A. Journalism, Marquette University
Fee Structure	Private pay, call for rates
Years in Practice	12
Professional Association Affiliations	Financial Therapy Association California Association of Marriage and Family Therapists San Francisco Association of Marriage and Family Therapists
Do you work *at a distance* such as with Skype?	Yes, phone and HIPPA compliant video.
Research Interests	N/A

Personal Statement

Are you overwhelmed by money stress in your life? Fighting with your spouse or partner around money? Spending to feel better? Keeping financial secrets from loved ones? Confused about what you earn and spend?

As a financial therapist, coach and former Certified Consumer Credit Counselor, I can help you address these issues and develop a more conscious and empowered relationship to money and spending in your life.

Many people struggle with avoidance, secrecy and shame around their money challenges. I offer a safe, confidential and nonjudgmental place where you can explore relationship conflicts, emotional blocks, self-defeating beliefs and sabotaging behaviors around your finances. We'll then design a plan, both emotional and practical, for how you can best work through your money issues using your existing strengths, emerging skill sets and new insights so you can have more peace of mind around money and abundance in life. My approach is warm, solutions-based and collaborative.