

Hello! A little about me, I am a licensed professional counselor (LPC) in Michigan for over 20 years. I have a Master of Arts degree in Counseling from Oakland University and a Bachelor's degree in Psychiatry.

I have worked a lot with clients that have traumatic brain injuries, sexual abuse, grief and loss - much of my career has been focused on this but I also enjoy working with couples and individuals (kids, teens and adults). I address issues of self-esteem, self-confidence, communication, anxiety, irritability, agitation and anger. My counseling approach is based on client-centered, cognitive behavioral, as well as applying christian-based principles to enhance current levels of emotions. If you are looking for help with any of these or just need someone to talk to, we will work together to find a solution that will instill peace, growth and a positive outcome.