I am a therapist who believes in the transformative power of understanding, connection, and healing. Whether you're navigating I work with individuals and couples to explore and address the underlying factors impacting your well-being. My approach is compassionate and personalized, blending evidence-based techniques such as with a deep respect for your unique life journey. Together, we'll create a safe space for you to find clarity, heal, and move forward with confidence. With over years of experience and a background in I've had the privilege of helping many clients through moments of change and difficulty. I hold certifications in and am committed to continuing my professional development to provide the best care possible. I offe both in-person and virtual sessions, making it easy for you to start your healing journey at a time and place that works for you. If you're ready to take the first step, reach out to me at to schedule your consultation. Let's work together to create lasting change and unlock your full potential.		
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