

4141 Arapahoe Ave Suite 105 Boulder, Colorado 80301 United States

Phone: 928-308-1334

I am a passionate and dedicated psychotherapist serving the Denver and Boulder area. I am a graduate from Naropa University's internationally known Transpersonal Counseling Psychology program. With a focus on experiential and body-centered counseling I have helped many people transform their lives. LGBTQIA individuals are often people with special gifts to offer the world, which also leaves them open to being exquisitely sensitive and resilient. My frame work when working with clients is to bring out the individuals health and capitalize on that, believing that the body and mind know the path to healing. If you are experiencing addiction, trauma symptoms (anxiety, depression, intrusive thoughts, insomnia, anger, and irritability), body pains, or relationship issues please contact me. I also provide couples counseling at a minimum of 90-minutes per session. I also offer a free 55-minute consultation to see if we would be a good fit.

Specialization(s): Psychotherapy, body-centered Rates: \$75 - \$100 per session GayLesbianDirectory Discount Offered: \$10

<u>Website</u> Email