

# Affirming Therapy of Orange County

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I provide individual, couples, and group therapy. I welcome clients of all sexual and gender identities but my specialty is working with clients who identify as LGBTQ and their loved ones. Much of my work involves helping clients who are struggling in their relationships with their romantic partners/spouses or with their families-of-origin. And I work on a daily basis with clients who struggle with sexuality and/or gender issues, body image, HIV/AIDS and other chronic/terminal illnesses, aging, loneliness, depression, and bereavement (pets and humans). I attend to the psychological, physiological, and spiritual needs of my clients for, if one is unhealthy, the other two will be compromised. Thus we become susceptible to psychological ailments (anxiety, depression) and/or physical ailments (heart disease, asthma). The mind-body connection is the foundation of my work. I am well-connected in the community and can provide referrals to culturally competent professionals (pharmacists, physicians, psychiatrists, endocrinologists, etc.) when indicated. A portion of my fees is donated to amFAR (The American Foundation for AIDS Research).

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