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Deciding to go into therapy can be frightening, but there are times that getting help can make a real difference. I am always optimistic that it is never too late to make changes and live life more fully. I work with individuals and couples who are having difficulty with life or relationship issues or facing new challenges when it seems old solutions are no longer effective. I have also worked with clients at various stages of the coming out process as well as their family dynamics and relationships with significant others. I also am experienced with working with family members and am a member of PFLAG.

Specialization(s): Counseling for Individuals and Couples

[Website](#)

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