

First Person Bio

I believe that every individual has the strength they need to survive and thrive through the most difficult situations of life; it's just about recognizing that strength and regaining control of our own behaviors and emotions. I support my clients achieve this during the counseling process.

With a keen understanding of human development, I gain insight on the issues that your child might be facing. Whether it's a behavioral issue, difficulty performing, or inability to share their feelings, counseling can help your child find the support they need to adopt a healthy, authentic, and inspired way of living.

I have been working with children and teens for over 10 years. Adolescence can be a challenging time for both the parents and the teenager, as they are redefining their values and creating their identity.

Often times, this can lead to conflicts within the person and in relationships. These challenges can lead to troublesome consequences in the early 20s, making transitioning into adulthood all the more difficult.

Collaborative counseling can help you overcome the current issues and prepare for the future. I aim to provide a non-judgmental, safe environment where my clients can feel comfortable sharing their thoughts and feelings.

About My Background

I have over 10 years experience of working with individuals, particularly children, teens, and young adults aged 5 to 27 years, experiencing conduct issues, anxiety, mood disorders, and other behavioral problems.

I recognized my passion for school and clinical child psychology during my first job as an educational assistant. Since then, I have worked as a School Psychologist and have conducted several undergraduate psychology courses. Recently, I have been working as an Academic Coach for students with learning disabilities and mental health issues.