



**Formal Education and Training:** I received my undergraduate degree in political science from the University of Illinois at Urbana-Champaign and spent 10 years working in the legal, tech and regulatory sectors in Washington, DC, before obtaining my Master of Social Work from the Catholic University of America in 2018. My pre-pandemic work focused on crisis support, family homelessness, education advocacy and child welfare. During the pandemic, I relocated to the West Coast and moved into full-time private practice. I am a licensed clinical social worker in the States of Oregon (L12402) and Washington (LW.70054978).

**Philosophy and Approach:** My approach to therapy is relational, warm, and candid, with strong doses of humor when appropriate. I generally spend at least one session getting to know you and your life and one session getting to know the reason you are coming to therapy. At that point, we will identify preliminary treatment goals and what might be helpful in meeting them. I enjoy sharing knowledge with my clients about mental health, including understanding diagnosis, learning about different treatment options, and providing resources for further education. My therapy practice is grounded in attachment theory, mindfulness/contemplative practices, and the NASW's Code of Ethics: service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence. I have training in IFS, CBT, and DBT and frequently draw from those frameworks when working with clients. Social justice and advocacy for human rights have always been central to my identity. As the world evolves through the pandemic and beyond, much of my therapeutic work has come to involve assisting clients in coping with existential anxiety related to climate, politics, and culture while also balancing their regular human lives. It is a balance I am also working on in my regular human life, and talking about how to find that balance is one of my favorite therapeutic avenues.

**Participation:** The most successful therapy experiences usually result from a strong therapeutic alliance. This involves clear, mutual understanding of the scope of the problem and your intentions for therapy. Some clients need structured, guided support for managing problems, and I enjoy identifying resources (books, workbooks, podcasts) as well as community support (groups related to the problem, other relevant types of counseling or supportive treatment) for clients who need that structure. Other clients place more value on a safe emotional space where they can share and reflect on their experiences without fear of judgment. When you are contemplating distressing experiences or implementing scary but necessary changes to your thoughts or actions, you may find that therapy feels overwhelming or unhelpful. It is important to understand those feelings as normal responses to distress, and I am always happy to change things to reduce distress. Sometimes that means ending a session early, avoiding a particular topic, or reducing frequency of sessions for a time. Sometimes it can mean meeting with a different therapist or leaving therapy entirely. My goal is to create a generally positive experience for you, no matter the outcome. I welcome you to ask me questions about myself if you are curious – I have worked with hundreds of clients over the years and no one has ever asked me a question that I couldn't find a way to answer comfortably. I recognize that for many people, it feels strange to share intimate details of your life with a total stranger, and I am happy to share some of my experiences insofar as they are relevant to your experiences. The focus is always on you and your life, rather than me and my life.

**Consultations:** Peer consultation is one of the most enriching types of professional development I engage in as a therapist. I enjoy learning from my colleagues and sharing things I've learned with them. These consultations are always respectful and always occur in ways that maintain confidentiality. If you are working with other providers (such as a psychiatrist or a couples counselor), I am happy to consult with that person as well. It has been my experience that collaborative care generates better outcomes than a lack of coordination.

**Scheduling Appointments:** I prefer to meet weekly initially while I am getting to know you and your reasons for being in therapy. Once our work is more established (3-4 sessions in), we can discuss what frequency would work best for you and what your scheduling needs are. We have many ways of scheduling appointments, including in direct consultation with me, via the website, or by calling the front desk. If you need to reschedule an appointment, please let me know as soon as possible. I am usually able to find an alternate time to meet within the calendar week. I will never charge a cancellation fee for an appointment that is rescheduled within the week. For appointments that are cancelled with less than 24 hours notice and cannot be rescheduled within the same week, the practice charges a full session fee.

**Termination:** Sometimes your goals are best served by ending our therapeutic work together and preserving the option to return to therapy if the time is right in the future. Being an ongoing source of support is a strong professional priority for me, and it is built on allowing you to decide when you've had enough for whatever reason. I am proud to say that I have many clients who have returned to me after completing their original treatment goals for support with emerging problems. Termination of a particular therapy chapter involves reviewing your original reason for coming to therapy, the treatment goals we identified during our work, and reflections on how each of us feels about the work we have done.