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AREAS OF PRACTICE

Abuse: Emotional / Physical / Sexual Anxiety Assertiveness / Social Skills Attachment Issues Depression Family of Origin Issues Obsessive-Compulsive Disorder Personal Growth /Wellness	Personality Disorders Phobias/ Fears / Panic Relationship Issues Self Esteem Separation / Divorce Sexual: Orientation Transgender Issues Trauma / PTSD
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TREATMENT APPROACH

Cognitive-Behavioural
 Psychodynamic
 EMDR

POPULATION

Young Adult 19-25
 Adult >25

ASSESSMENT SERVICES

Gender Assessments for Hormones/Surgeries

PROFILE

I provide psychotherapy to adults in a warm and supportive atmosphere, Drawing on my training and experience, my goal is to offer objective insights into clients' difficulties and to provide clients with the skills they need to develop new ways to cope with their problems.

I help clients with a variety of difficulties, including but not limited to, depression, anxiety, trauma, PTSD, relationship problems, family of origin issues, and gender or sexual orientation-related concerns.

As an experienced WPATH-trained assessor, I provide Gender Assessments for hormones and surgeries for adults.