

My journey into the intricacies of the mind began long before my formal education. I have always known that my passion lies within helping people to understand their thoughts, feelings, behaviors, and physical sensations. When we have a better understanding of these things, they no longer have the power that they once had. My official start into counseling began in my undergraduate career at Texas A&M University. I chose psychology as my major and engaged in psychological research. I graduated with a bachelor of arts in psychology and minor in communications. I later attended the University of North Texas where I obtained a Master of Science degree in counseling. During my time at UNT, I completed internships at Galaxy counseling center, Fletcher counseling, and Southern Methodist University. At Galaxy counseling center, I conducted individual and couples sessions as well as psychological assessments. At Fletcher counseling, I assisted with group therapy for sex offenders. I am now a subcontractor for the United States Federal Probation, as well as providing individual therapy for sexual abuse, anxiety, and physiological disturbances. At SMU, I am a study therapist in the Treatment of Affective Disorders study in coordination with UCLA. I am also employed at UT Southwestern Medical Center in the Psychiatry department as a project manager for Teletherapy services (therapy administered via a virtual platform). My guiding theory is cognitive behavioral therapy; however I frequently integrate this with positive psychology, which encourages a greater sense of enjoyment of love, work and play. Additionally, the theory of existentialism guides my work, especially in dealing with larger life themes and more philosophical struggles. I am humbled to be entrusted by my clients and I hope you will allow me to serve you.