

I earned a Bachelor's of Arts in Psychology from the University of Texas at Austin working closely with world renowned psychologist Dr. Devendra Singh. I worked on a major publication with Dr. Singh during my career at the University of Texas and was credited as an esteemed research assistant in my senior year.

Shortly after graduating from the University of Texas, I entered graduate school at Texas State University where I earned my Master's Degree in Counseling. I focused on sexual dysfunction and anxiety related disorders while studying in San Marcos, TX.

After graduating from Texas State University, I moved back to the Dallas area to begin my calling as a psychotherapist. I spent 3000 hours internship working at the Counseling Institute of Texas, Collin County Intervention to Youth, and in a private practice setting. I worked with clients ages 12 and up and specialized in sexual dysfunction, depression, couples counseling, and anxiety related disorders such as panic disorder and obsessive compulsive disorder. After completing my hours of internship, I have exclusively worked in my own thriving private practice and have conducted over 25,000 hours of therapy.

My mentor, Dr. Singh, passed away in the fall of 2010. My last conversation with him included a statement that will never leave me. He said "the greatest thing a human can do for another human is to teach them." Given this philosophy and the desire to give back to the profession that has given me so much, I decided to become a Licensed Professional Counselor-Supervisor. This means that I have completed a specialized training curriculum provided by the University of North Texas designed to prepare Licensed Professional Counselors to supervise and train Licensed Professional Counselor Interns. This task is just as challenging as it is rewarding. I have trained close to a dozen counselors that are very qualified and have very different specialties, some of them share the same office. I feel confident that between the available counselors, Fletcher Counseling, Inc can service most ages and any need.

I practice from three main theories of psychotherapy. I explain my approach as a woven strand of ideas from very effective schools of thought. First and most foundational is Person Centered Therapy developed by Dr. Carl Rogers. The beauty of his approach is the simplicity of the criteria 1) unconditional positive regard 2) congruence 3) empathy. Though the model of person centered therapy is much more detailed and in-depth, these principles guide the relationship with the client. I utilize these principles with all client with whom I work and receive nothing but positive feedback about the approach.

Cognitive Behavioral Therapy is the primary technique based therapy model I follow. Again, the simplicity is the beauty though the implementation of the techniques is complex. The model is not just focused on therapy, but on human behavior in general. It states that our thoughts produce an emotional state and that emotional state produces our behavior. Most clients enter therapy with emotional or behavioral problems, Cognitive Behavioral Therapy focuses on the origination of the problem, our conscious and subconscious processes, leading to long lasting and more productive therapy results.

The last model of therapy I subscribe to is difficult to explain due to the intangibility of the subject. Existential therapy focuses on deriving meaning and purpose in life. The model assumes that many if not most of our problems in life are based in some lack of purpose. This concept may sound farfetched if you are currently struggling with a problem but through some time in therapy, many clients have come to terms with meaning in their lives and resolved the original problem that brought them into therapy in the first place. This approach, along with the previous two, appear to give excellent results to most clients and also give the client lifelong tools for successful and happy living. In addition to my work as a supervisor and private psychotherapist, I entered the field of forensic evaluations for the State of Texas and Federal Government in 2006. I earned a specialized license by

working an additional 1000 hours of specific psychotherapy focusing on the treatment of sexual offenders. In addition to working with sex offenders, I specialize in the treatment of adolescent and adult survivors of sexual abuse. I feel that knowing both sides of treatment allows for more comprehensive therapy for the survivor or the abuser. Please refer to visit the forensic link of the website for more details on this subject.

Outside of the office I enjoy playing ice hockey, restoring classic Firebirds, traveling, wood working, and spending time with my family and friends.

Please refer to my curriculum vitae (resume) for details on work experience.