

I am from the Chicago area, and have made Minnesota my home since 1990. Working as a professional psychologist is a second career for me. My undergraduate degree is in Political Science from Cornell College. After working for my Congressman, I returned to the Midwest and began a career in advertising and marketing. I enjoyed my work, but felt I needed to give back in a more concrete and real way, so I pursued a volunteer opportunity with a crisis intervention program in Chicago. Through this volunteer experience I was far more challenged and rewarded than by my advertising career.



That's why I decided to pursue application to graduate school in psychology and was accepted into the Masters, clinical psychology program at the Illinois School of Professional Psychology. Over the course of my first semester, I was convinced that this career change was what I wanted and applied to the doctoral program at the Minnesota School of Professional Psychology, now Argosy University.

I originally started with the intention of working as a child psychologist, so I have a solid background in developmental psychology. I completed one of my practica with children and a second practica and my internship within an urban, multicultural, counseling center. I worked full time for a behavioral health care company from 1990 to 1998, in addition to seeing private practice clients as part of a group practice.

In 2000, I moved exclusively into private practice where I see adults, couples and older adolescents. I've provided consultation to nursing homes on administrative and institutional issues and am skilled in the particular challenges of working with geriatric patients and their caregivers. I am trained and approved as a qualified neutral (mediator, Rule 114) with the state of Minnesota. My experience as a mediator is in divorce and working on child custody issues with the St. Paul Cooperation for the Children program.

I no longer practice as a mediator, but continue to use my mediation skills working with couples and families in conflict. I'm actively involved in working with hypnosis as an adjunct to therapy and have participated in ongoing local and national training for the past 8 years. I've also pursued training in energy medicine and use some of those principles in my work. I meditate and have a regular yoga practice. I am particularly interested in how spirituality and mindfulness influences mind/body health. I provide referrals to alternative medicine practitioners, as needed, and am comfortable working with 12 step programs.

*"There are always two trains running.
There is life and there is death.
Each of us rides them both.
To live life with dignity,
To celebrate and accept responsibility
For your presence in the world
Is all that can be asked of anyone."*

~ August Wilson
Two Trains Running