

How can I help you?

First of all, I have the desire to help you. Match that desire with my training and skills, plus years of experience and I believe that I can help you! I have worked a wide range of counseling positions for the past 20 plus years with the majority, and most recent of those years in private practice. My private practice work is with individuals, couples, teens and families in the areas of anxiety, depression, grief and loss, life adjustments, family conflict, and couples counseling. Included in my experience are years in chemical dependency, parent education, and behavioral counseling for high school students. I am very thankful for each of these experiences and what they have added to my skills and abilities as a counselor. Add to that a Master's degree from the University of Southern MS in Marriage and Family Therapy and you can see how important families are to me and how I view the counseling process.

I view all individuals as valuable and worthy and I will talk with you about life in spiritual, mental, emotional and physical ways - looking at the entirety of who you are. Having said all that, I am practical in my approach to problem-solving and counseling. I employ many techniques to individualize the counseling needs to meet your goals. I am trained in systemic counseling and my approach is often a combination of systemic/family therapy and Cognitive and Behavioral therapy. The counseling process involves your personal goals that we will discuss at the onset of counseling and changing any thought patterns that have not given you positive outcomes. We know that thoughts precede actions; therefore, often we need to take a closer look at your perspective on the life issues you are facing and make changes in any negative thought patterns you may have and consider how to do this spiritually, mentally, emotionally and physically, to make changes that will lead you to a healthier, more fulfilling life!

*Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations forever and ever! Amen.*

*Ephesians 3:20-21*