

Online Video Therapy Services

I offer video counseling to clients who are either too busy or unable to come to a traditional therapy office.

These situations may include:

- Professionals who frequently travel or don't have time to drive to an office
- Parents with young children or those who might be schooling at home
- People who want to access healing but are unable for many reasons, to make it out of their homes
- People who prefer not to leave home because of anxiety, depression or simply because of the convenience of having a therapeutic relationship readily available.

With Internet video counseling we have the flexibility to schedule sessions regularly, with fluctuation from week to week, or to best fit your schedule.

I utilize the Vsee™ application which is encrypted for confidentiality. This can be loaded onto either your phone or laptop, or both if you prefer.

I prefer to meet you face to face for the first meeting, and after that we can begin with video. I have learned to use EMDR as well as Lifespan integration over video, and I am happy to say, I have seen the same kind of improvement as in face to face office visits.

If you haven't already read about EMDR and Lifespan integration, I invite you to take a look at the links on the previous page.

Note: One of the limits of video therapy is that I can only see people who live in California. As the law only permits me to only work within the state where I am licensed.