

About Me

I'm a family therapist here to help you communicate what you are feeling in a way and time that is heard while breaking negative patterns. I help return the relationship to a peaceful, sharing and constructively space. Get back to doing fun things together again.

My background, I'm a family and marriage therapist for 13 years specializing in couples, marriage and family therapy, and maintain a private practice in Lake Mary/ Heathrow area.

I am originally from New York City and graduated from Stetson University in Deland with a masters in Mental Health Counseling. I love what I do, especially in making a difference in a short amount of time and actually seeing the emotional pain in my clients reduced.

I have worked many years providing family and marriage counseling effectively with positive results along with crisis counseling for both teens and adults.

I treat others as I want to be treated with respect and consideration. I am very patient to hear you both and help you get to the bottom of negative patterns or the origins of past trauma.



Pricing

EMDR (90 minute session) - \$185

Initial Session (90 minutes) - \$185

Individual/Couples counseling
(50 minutes) - \$125

Weekend Sessions (50 minutes) - \$150

Insurances

Insurance Being Accepted:

United

Cigna HMO

AETNA

Humana

Magellan

Work Options EAP

