

# Programs

*Counseling and Coaching services*

*At this time, I am not accepting new clients. If you'd like to be on my waitlist, please let me know.*



## *Supervision and Consultation Services*

I offer supervision and consultation services to pre-licensed and licensed clinicians. I am a person-centered, psychodynamic, depth psychological therapist with expertise in expressive arts therapy, narrative therapy, CBT, DBT and EMDR. I have experience working with adults, children, adolescents, couples and families in a variety of settings. Please connect with me about your needs.



“I don’t want to live in the kind of world where we don’t look out for each other. Not just the people that are close to us, but anybody who needs a helping hand.”

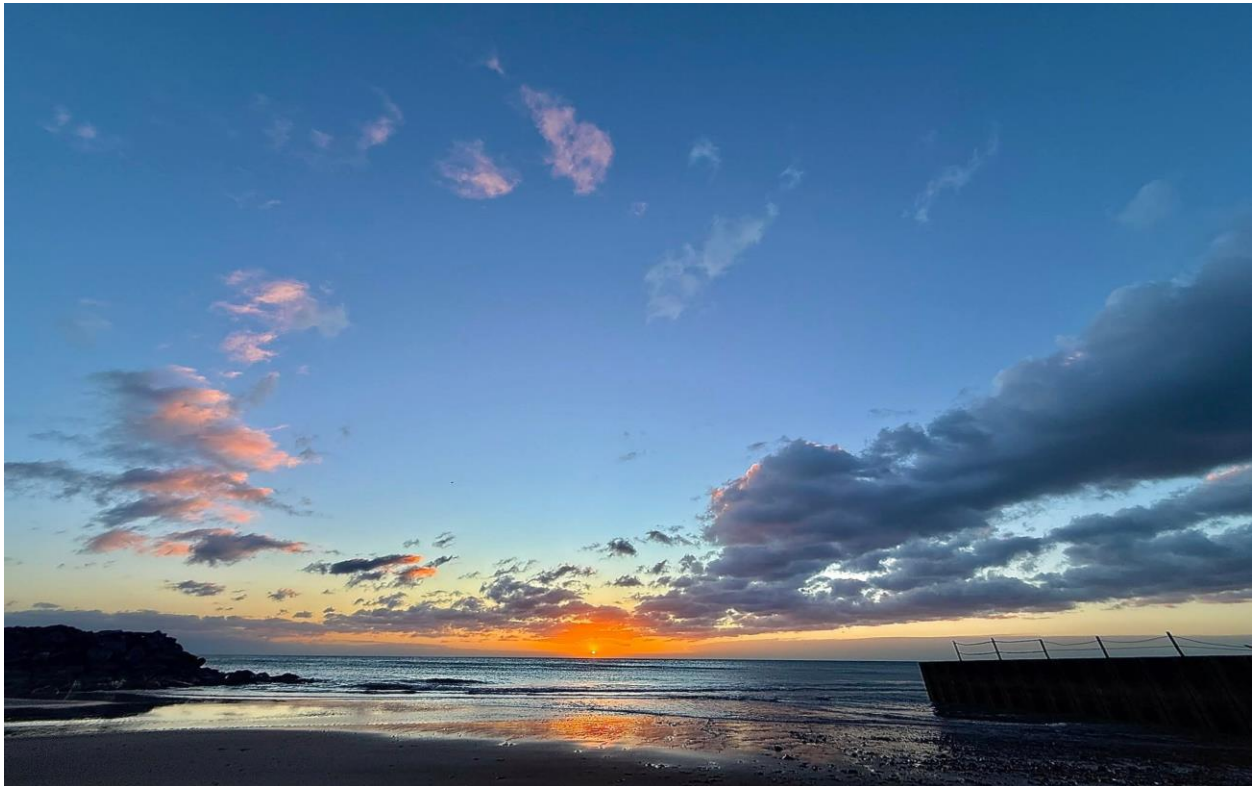
-Charles de Lint

“We make a living by what we get, but we make a life by what we give.”

-Winston Churchill

## *Death Doula Services*

A death doula (or end-of-life doula) is a non-medical professional providing emotional, spiritual, and practical support to individuals and families during the dying process. I offer holistic care, including advance care planning, bedside companionship, legacy work, and post-death care, enhancing the work of hospice by offering more continuous support. I offer a 15-minute free consultation if you have questions or would like to explore how this service can help you or a loved one.



“We don’t lose all the parts of ourselves because we are dying. We become more of who we are.”

-Alua Arthur

## *Creative Coaching*

I use expressive arts exercises to help you connect with yourself in compassion and mindfulness and to help inform and deepened your creative work. Our work will provide an opportunity for you to have a partner in this inward journey, to build upon your strengths. Through this relationship, you will be able to identify what works for you and your art making. As a coach, guide and accountability buddy, we will ensure that you will grow, expand, explore and deepen your creative potential.



*Embodying Sanctuary Group Facilitation Training*

**COMING SOON!!!!**

Please let me know if you'd like to be on the waiting list

