



Doctor of Philosophy, Texas A&M University-Commerce  
Masters of Education, University of North Texas at Denton  
Bachelor of Arts, University of Texas at Arlington

My therapeutic foundation is Solution-Focused Brief Therapy (SFBT) Together, we will identify your strengths and generate solutions in order to achieve your preferred future.

I have spent the last 17 years as an educator and school counselor for a large urban school district which entailed individual counseling, group counseling, play therapy, and parenting classes. I have also worked in public and private agencies providing counseling to foster parents and children, families, and adults.