



## KNOW. GROW. HEAL.

Empowering psychological services for children, adolescents and adults

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### Psychological Services Offered

**KNOW.** Comprehensive neuropsychological evaluations for children and adults ages 6 and older for assessment of learning and memory problems, social and emotional concerns, executive functioning problems (such as ADHD), and general intelligence and achievement. Clients will receive individualized recommendations, and I am available to attend multidisciplinary team meetings (e.g. IEP meetings).

What to Expect:

- Consultation Session with Clinical and Medical Background Interview
- Comprehensive and Tailored Assessment
- Written Psychological Evaluation Report with Recommendations
- Feedback Session
- Consultation with Other Service Providers as Needed

**GROW.** Psychotherapy services are tailored to meet the unique needs of each client. I incorporate different approaches to tailor services, including cognitive behavioral therapy, dialectical behavior therapy, acceptance and commitment therapy and behavioral therapy. Psychotherapy can be a pathway to successfully managing various concerns, such as depression, anxiety, childhood behavioral problems, learning and attention problems, stress, difficult life changes or transitions, grief, and overall well-being. I offer individual, family and couples therapies.

What to Expect:

- Initial Diagnostic Impressions and Recommendations for Treatment
- Tailored Psychotherapy Services
- Periodic Progress Check-Ins
- Referrals and Clinical Resources
- Between Session Consultation as Needed
- Consultation with Other Service Providers as Needed

**HEAL.** Whether one time or chronic, in childhood or adulthood, survivors of trauma can find hope and healing in trauma-informed psychotherapies. I provide trauma-informed psychotherapy with the goal of building one's ability to cope, manage intense emotional reactions, and strengthen skills that will help on the journey to healing and well-being.

What to Expect:

- Initial Diagnostic Impressions and Recommendations for Treatment
- Tailored Trauma-Informed Psychotherapy Services
- Periodic Progress Check-Ins
- Referrals and Trauma-Informed Clinical Resources
- Between Session Consultation as Needed
- Consultation with Other Service Providers as Needed

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