

ACADEMIC

- 1995 Masters of Science in Social Work; Mental Health and Chemical Dependency -
University of Texas, Austin
1987 Bachelor of Arts; Major Psychology, Minor in English -
University of Texas, Austin

PRIVATE PRACTICE

I partner with clients to help them resolve problems in living, to promote emotional growth and to facilitate personal and professional success. My therapeutic style is warm, direct and interactive. I work with individuals, couples and families across the life cycle addressing a broad range of issues including

- **intimate relationships issues** with heterosexual, gay and lesbian couples or with individuals interested in effecting change in their relationship.
- **chronic and acute illness** including support for those who are ill and their caregivers.
- **professional and lifestyle coaching** with clients interested in making effective and lasting changes to facilitate success.
- **anxiety/depression** using an artful blend of cognitive/behavioral and insight approaches, in collaboration with psychiatrists for medication as needed.
- **interpersonal relationship skills** including effective communication, resilience, assertiveness, and work/life balance.
- **parenting skills and family communication** with traditional, non-traditional and blended families.

PROFESSIONAL HISTORY

- Jan. 2001 to Present **HARTLAND COUNSELING & CONSULTATION**
In private practice with a small group of distinguished colleagues in an easily accessible office at 6th and Mopac.
Corporate services include on-site clinical work, business consultation and psychoeducational training as a contracted clinician and Employee Assistance Professional (EAP).
- Sept. 1995 - Feb. 2001 **ALLIANCE EMPLOYEE ASSISTANCE & COUNSELING - CLINICAL**
As an EAP consultant/clinician provided brief (1-10 sessions), assessment/referral for individuals, children, families and couples. Provided on-site services for client companies including psychotherapy, corporate interface and consultation. Designed and presented psychoeducational seminars, manager supervisor consultations and critical incident debriefings.
- Dec. 1989 - Feb. 2001 **ALLIANCE EMPLOYEE ASSISTANCE & COUNSELING - DIRECTOR OF OPERATIONS**
Over the 12 years functioned in a variety of roles for this successful and growing employee assistance program, eventually directing operations for a group of approximately 15 clinicians, and 3 support staff administering blue chip EAP services for corporations including Dell Computers, Sony Microelectronics, International Sematech, and Austin Community College.
- Jan - Sept. 1995 **AUSTIN CHILD GUIDANCE CENTER**
Provided psychotherapy and play therapy with a wide age range of ethnically diverse group of children. Co-facilitated filial therapy groups and psychoeducational training for at risk families.
- 1993-1994 **AMERICAN INSTITUTE FOR LEARNING/ STAND TALL**
Provided assessments, counseling, home visits and case management with an

ethnically diverse group of chemically dependent clients involved with the criminal justice system.

1986 - 1989

WOMEN'S COUNSELING AND RESOURCE CENTER

Served as a volunteer peer counselor providing short-term counseling for an ethnically diverse group of women with low incomes through this non-profit agency.

LICENSES AND CERTIFICATIONS

- 4 ACP - Advanced Clinical Practitioner
- 4 LMSW - Licensed Masters of Social Work #28320
- 4 CEAP - Certified Employee Assistance Professional

PROFESSIONAL MEMBERSHIPS

- 4 National Association of Social Workers
- 4 National Association of Female Executives
- 4 Employee Assistance Professionals Association
- 4 Nominated to Academic Honor Society