

COUNSELOR QUESTIONNAIRE

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1. What are your areas of counseling experiences and / or expertise?

I currently focus on relationship issues and have opened a private practice alongside another counselor from St. John to provide support and hope for mothers, and couples, experiencing issues related to pregnancy, including but not limited to: miscarriage and loss, infertility, postpartum depression or anxiety, transitioning to a new baby at home, and much more. I have also worked with individuals of all ages (child — adult) dealing with Depression, Anxiety, Grief/Loss, PTSD, and OCD for several years.

2. What payments options will you consider?

Private pay; sliding scale fee when needed (\$75-\$45)

3. Do you work with all insurance companies?

Not at this time - in progress with licensure

4. Do you provide educational counseling that teaches specific skills?

Postpartum Depression Screening, and healthy coping skills to support and assist mothers/couples; perinatal needs and preparation for adding a baby to the family.

5. Are you a member of a religious organization?

Member of St. John Lutheran Church in Fraser, MI

6. What is your professional training / background? To what professional associations do you belong?

I have a B.A. in Theology from Concordia University Nebraska, and a certification as a Director of Christian Education, with which I served as a commissioned minister at two churches doing youth ministry. I completed my M.A. from Azusa Pacific University in Azusa, California for Clinical Psychology, Marriage and Family Therapy. I worked for two years as a therapist at Concordia University Irvine, before moving to Michigan, where I worked for a year in a contracted Community Mental Health agency serving youth, ages 3-18 and their families. I am a member of the American Association for Marriage and Family Therapy, as well as the Postpartum Support Institute.

7. Is there any other information that would be helpful?

I have completed the Maternal Mental Health Certificate Training for Mental Health and Clinical Professionals, along with Gottman Level 1 Couples training.