

I specialize in evidence-based cognitive-behavioral treatments for psychological disorders, especially serious mental illnesses such as schizophrenia spectrum and bipolar disorders but also depression, anxiety, chronic pain, and posttraumatic stress disorder. My approach is skills-oriented, helping clients rehearse specific skills to reduce psychological symptoms and improve quality of life, in the context of enhancing awareness and understanding of factors contributing to various problems. These skills can target symptom severity, treatment compliance (e.g., medication adherence), relapse prevention, and general wellbeing with the overall goal being to empower clients to live a meaningful, purposeful life. I also offer psychological evaluations to clarify diagnostic impressions and provide treatment recommendations, which are especially useful when clients display complicated or unusual symptom presentations or when multiple diagnoses are being considered. Across services, I prefer a team-based approach and aim to coordinate care with other providers (e.g., primary care physician, psychiatrist, community support worker, etc.) to optimize treatment results.



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