



About Healing

I have been a student of healing, human potential, and consciousness for more than 35 years. My quest to know myself began when I was in college, motivated to transcend a severe health crisis that had shattered me physically, emotionally, and spiritually. My resulting search for understanding led me to study biology, psychology, anthropology, shamanism, quantum physics, comparative religion, leadership, art, and music. I pursued doctoral studies in clinical psychology and worked as a behavioral therapist and researcher in various medical schools including the Johns Hopkins University Hospital, the University of Maryland Hospital, and the Medical College of Virginia.

Frustrated by my experience with the profound limitations of the detached, discompassionate medical model, I embraced the power of self-expression as a vehicle for transformation and chose to pursue a Master's Degree in art therapy instead. Later, as I yearned to shake off the residual effects of my own victimization, I completed a two-year training program in life coaching. My desire to flourish called me to embrace this approach, which treats clients as whole, creative, and resourceful people full of potential.

Now, as an art therapist, clinical counselor, and life coach, I work with clients who fall anywhere along the continuum of healing—from victim, to survivor, to thriver. When a client is living within the disempowered state of fight-or-flight, (or freeze), it is imperative that this person receives good, focused trauma work. Next, as the individual breaks free from the cocoon of trauma, it is essential to follow up with therapy and/or coaching that leads to the discovery of meaning and direction so that the soul's purpose may take flight.

My own experience as a victim and a healer has shown me that one's most traumatic experiences can serve as a divine initiation on the heroic journey to wholeness.