

**Adolescents**  
**Adults**  
**Children**

**Individuals**  
**Couples**  
**Groups**  
**Coaching**  
**Families**  
**Supervision**  
**Assessment**



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### **Licensed Psychologist**

#### **Professional Interests / Specialties:**

##### **Anxiety, Panic, Depression, Loss, and Challenging Life Transitions**

Providing respectful and supportive therapy for people facing challenging life changes, anxiety, depression, loss, stress, troubling relationships or adapting to chronic medical illness.

Helping workaholics reprioritize leisure, health and relationships.

Strengthening couple and family relationships.

##### **Learning Differences: Autism, Asperger's, Attention Deficit Disorder, etc.**

Evaluations of learning differences for school IEPs, college placement, state or disability documentation.

Empowering families, parents and individuals struggling with special needs issues.

##### **Autism/Asperger's Parents and Caregiver's Support Group**

##### **Chronic Pain, Fibromyalgia, Chronic Fatigue, Brain Injuries, and Chronic Medical Illnesses:**

Working with individuals and families to understand and cope with serious illness.

Assessments for clarification of disability related to chronic illnesses.

Home visits (Tigard area) available.

**Education:** Ph.D. (1994) and M.S. (1991) in Clinical Psychology, Oklahoma State University. B.A. (1984) in Psychology, Whitman College.

#### **Background / Experience:**

Many years of experience providing adult and family psychotherapy and evaluations in community mental health, acute physical rehabilitation hospitals, and chronic pain clinics. Rehabilitation program development.

Autism, pain, and anxiety research consultant. Community speaker. Private Practice.

#### **Professional Affiliations / Activities:**

American Psychological Association

Oregon Pain Society

Autism Society of Oregon

American Mental Health Alliance – Oregon, President

**Wheel Chair Access: Yes**