

**Adults**

**Individuals  
Coaching**



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### **Psychologist**

*We know what we are, but know not what we may be.*

William Shakespeare, Hamlet

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

Everyone needs to talk to someone about personal concerns. At times, it is best to talk to someone who is not a friend or family member. Counseling can provide a place and a process for these personal conversations.

You may be wrestling with decisions or conflicts in your life or relationships. You may be struggling with changes or loss – a divorce, the death of someone important to you, trauma. You may be at mid-life and experience an unexpected dissatisfaction or need for change. You may be dealing with baggage from childhood. You may feel that long-standing learning difficulties, such as dyslexia or ADHD, are still holding you back. Counseling can be a place to gather new perspectives and make new choices.

When the issues are well defined and specific, counseling may be relatively short-term. When the issues or your goals are more deeply personal, the work may be more long term. Just as the conscious mind can focus on a direction or path, so the unconscious mind can be directional; dream work can be helpful at these times. When anxiety or problems in focus seem overwhelming, clarifying the issues can help and can be further supported by relaxation techniques, meditation, or micro-current medical devices that have none of the side-effects of medication.

Insurance panels: MODA and Pacific Source. Go to my website for more information. Or call me with your questions.

**Education:** BS, Tufts University, 1969; Ph.D. Washington University, St. Louis, 1976; Additional clinical education, Oregon Graduate School of Professional Psychology, Pacific University, 1983-86

**Background/Experience:** My first career in psychology was in neuropsychology and research. My second and current focus is on counseling and the inner life; I have been a counselor since 1986.

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

American Mental Health Alliance Oregon (AMHA-OR Metro)  
American Mental Health Alliance-USA, Board of Directors, Secretary  
Mentor Research Institute, Board of Directors  
American Psychological Association  
Oregon Friends of C. G. Jung

**AMHAConnectingCARE**

**Wheelchair Access: No**