

Adults

Individuals
Coaching



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Licensed Psychologist

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

William Shakespeare, Hamlet

Professional Interests / Specialties:

We tend to think about change when we are experiencing painful emotions or when we are struggling with a major decision or conflict. Counseling provides a time, a place and a process for reflecting on who we are and who we are becoming. Self-understanding and change become more conscious and certain.

I work with individuals who are struggling with chronic depression or anxiety, with individuals who are in a major life transition (e.g., mid-life concerns, empty-nest, career dissatisfaction), and with individuals who suspect they may have ADD. This work may be long term and may involve dream work and other approaches to the unconscious, conscious reflection, and body focused work possibly including Alpha-Stim microcurrent therapy.

I work on a short term basis with people who choose to focus on specific problems or who want supportive coaching through job, career or life style decisions.

Orientation: Jungian depth psychology; Existential psychology; Insight and solutions focus.

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, Board of Directors

Mentor Research Institute, Board of Directors

American Psychological Association

Oregon Friends of C. G. Jung

Wheel Chair Access: No