



Contact Information

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Personal Statement

I am passionate about helping people gain insight into what is holding them back from living the lives they want to live. I help individuals overcome emotional issues that are obstacles to good financial decision-making, and I guide couples with different money management styles to work toward healthier, stronger relationships so they can manage their finances jointly for short and long-term success.

In addition to being a marriage and family therapist, I am a life-long business owner and manager who has done everything from run two family-owned businesses to CEO of Mom Inc., I have learned a lot from my experiences as business owner and entrepreneur. My diverse life experiences provide me with important perspective and understanding of my clients' life challenges and enhance my ability to help my clients achieve success.

I speak at events and offer continuing education classes and workshops for couples and individuals working on financial and relationship issues, as well as couples planning to marry and couples entering retirement. I am also an Affiliated Sex Offender Treatment Provider.

Professional Services	Financial Therapist, Marriage and Family Therapist
Practice Approach	My primary focus is systems theory of family therapy, but I also use narrative, cognitive-behavioral, and solution-focused brief therapy techniques, plus joint financial management, cash management, and budgeting
Client Focus	Couples & individuals
Typical Client Profile	Age: Adult Gender: Both Income: Varies Net Worth: Varies
Licenses/Certifications/Designations	LMFT Associate
Education	MS in Marriage & Family Therapy from Texas Woman's University
Fee Structure	Fee per session
Years in Practice	6
Professional Association Affiliations	Financial Therapy Association, American, Texas, & Dallas Associations for Marriage and Family Therapy, Prepare/Enrich
Do you work at a distance such as with Skype?	TX residents only – Phone, Skype, FaceTime, etc. HIPAA compliant web consulting site
Research Interests	Relationships with money, conflict resolution