



Contact Information

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Professional Services	Cognitive Behavioral Therapy, Financial Therapy and Money Coaching; Consulting; Clinical Services; Client Seminars, Speaking Engagements
Practice Approach	Solution Focused; Cognitive Behavioral
Client Focus	Individuals, couples, families, groups, professionals
Typical Client Profile	Age: Young adults - elderly Gender: All Income: All Net Worth: All
Licenses/Certifications/Designations	Licensed Clinical Social Worker, Certified Money Coach, Certified Rational Hypnotherapist, Certified Clinical Trauma Professional, Certified Prepare-Enrich Counselor
Education	B.A., Spelman College, Psychology MSW, University of Georgia
Fee Structure	Hourly
Years in Practice	16+
Professional Association Affiliations	Financial Therapy Association, National Association of Cognitive Behavioral Therapists, International Association of Trauma Professionals, Collaborative Law Institute of Georgia
Do you work at a distance such as with Skype?	Yes – I use a hipaa compliant site for distance counseling by the name of doxy.me.
Research Interests	N/A

Personal Statement

Money has always been a taboo, yet imperative subject to discuss. I have an innate interest in money education and exploring the relationship that people have with money. As a therapist, it became apparent to me that although many of my clients did not specifically seek help related to their money issues, many of their problems were rooted in their relationship with money. In fact, their money problems often impacted their work, relationships, and families. It became apparent to me that it wasn't the lack of money that created stress and anxiety, but how people mismanaged their finances.

For years, I have had a burning desire to educate and mentor others on financial literacy and empowerment. I decided to pursue further training in the areas of financial therapy and coaching and have the education, credentials, and experience to transform my client's negative money patterns and beliefs.

I have been debt free and living a money conscious lifestyle for several years. In addition to my training as a therapist and life experiences, I have received additional training with the Money Coaching Institute. I specialize in helping individuals and couples transform their relationship, habits, and behavior with money to increase their wealth and financial peace.