



I am a registered psychotherapist in Ontario with extensive experience supporting adult individuals, parents of young children, and couples as they navigate challenges such as anxiety, depression, childhood trauma, and personality-related concerns. Over the years, I've had the privilege of helping clients enhance their quality of life and develop stronger, more fulfilling relationships with themselves and others.

I serve as an adjunct clinical professor at St. Paul University and hold a comprehensive training certificate in Self-in-Relationship Psychotherapy (SIRP). I also have extensive training in child-parent psychotherapy and work with parents from a relational perspective, offering workshops to schools and community organizations. In my clinical work, I value each client's history and cultural background, integrating them when relevant to the client's needs and healing process.

Since 2010, I have been dedicated to both clinical practice and education, driven by a deep commitment to giving back to the community. To ensure I provide the highest standard of care, I engage in ongoing professional development through training, teaching, and consultation, staying current with advancements in psychotherapy. My PhD research has focused on the chronic sense of emptiness experienced by individuals diagnosed with Borderline Personality Disorder (BPD).