

My goal as a clinical psychologist is to help motivated adults to identify what they want out of life, figure out what's getting in their way, and overcome those obstacles to achieve the lives they want. I want to help my clients increase their own sense of autonomy and agency – the feeling that they have the power to make their own decisions and the resources to act on those decisions.

| Many of my clients are: | How I can help: |
|---|--|
| Neurodivergent (autism and/or ADHD) | I am a Certified Autism Spectrum Disorder Clinical Specialist (ASDCS) and provide neuroaffirming therapy for people of all neurotypes. |
| Anxious about specific situations, or life in general | I can help you learn to manage these feelings so you can do the things you want to do with your life. This often includes challenging any unjustified beliefs that provoke your anxiety. |
| Socially anxious, shy, or introverted | I can work with you on figuring out what level of social activity you really want, making progress toward it, and getting more comfortable with it. |
| LGBTQ+ | I am accepting and supportive of people of all sexual orientations, gender identities, and relationship preferences, including asexual/aromantic, polyamory and kink. |
| In difficult relationships with romantic partners, family, friends, or co-workers | I can help you decide what you want to do about your relationship, then advocate for yourself to change the things you want to change. |
| Having persistent trouble sleeping (insomnia) | I am trained in Cognitive Behavioral Therapy for Insomnia (CBT-I) and can guide you through a process of re-learning how to get a good night's sleep. |
| In chronic pain or discomfort, such as from migraines , stress-related disorders, or medically unexplained symptoms | Using CBT, clinical hypnosis, and/or other strategies, I can help you reduce the impact of pain on your life so you can get back to doing the things that matter to you. |
| Having trouble getting things done (“adulting”) | Together, we can identify what's really getting in your way - lack of skills? Trouble prioritizing? Lack of accountability? Something else? Then I can help you address those issues. |

| | |
|--|--|
| <p>Working to develop more helpful or healthy habits.</p> | <p>I can help you clarify your motivation for making the change, identify and address the factors keeping you doing the same old thing, and build the new habits you want to have.</p> |
| <p>Experiencing short-term or long-term stress.</p> | <p>Sometimes you just need to talk about what's going on in your life with someone you can trust to be honest and respectful, with only your goals in mind. I can listen, ask questions that might help you clarify your own thinking, and offer feedback that may help you make a decision.</p> |
| <p>Working or interested in science, technology, and engineering.</p> | <p>My undergraduate degree is from MIT, and I worked as a software engineer for many years before going back to graduate school in psychology. I understand many of the language, culture, and metaphors of these fields.</p> |
| <p>Geeky or nerdy</p> | <p>Is your social life built around D&D, LARPs, or your favorite fandom? Do you read Shakespeare or study Japanese history for fun? I get it. Even if I don't share your specific interests, I'll appreciate and respect your enthusiasm.</p> |

I earned my degree in Clinical Psychology from the Massachusetts School of Professional Psychology (MSPP, since renamed William James College). My clinical experience includes providing individual outpatient therapy at Boston Behavioral Medicine in Brookline, MA, and conducting adult, adolescent, and geriatric neuropsychological assessments at Boston Neuropsychological Services and New England Rehabilitation Hospital. I've been doing therapy with Integrative Psychology since 2020.