



## Omaha Insomnia

AND PSYCHIATRIC SERVICES

Helping others has always been my passion in life, for almost two decades I have dedicated my life in this mission. I began my career in nursing and as I grew in my career, the more I became an advocate for the mental health field. In 2010 I received my Associates in Addiction Counseling with the goal in mind of getting my Masters in Clinical Counseling, which I achieved in 2017.

My approach is helping you reach your goals, addressing any stuck patterns, and help creating how you want to live. The process starts with getting to know you and celebrating what you have overcome and to help you work on establishing goals that may be difficult for you. I will help you focus on what it is that you need to have a fulfilling life. I provide an environment that is safe and supportive, while establishing trust with you as we move at your pace. I believe that you are the expert of your own life and have all of the internal resources to heal.

My areas of expertise are treating chemical dependency and dual diagnoses, mental health and addiction. I also specialize in working with adolescents and adults with depression, anxiety, suicidal ideations, PTSD, grief, death and dying, and other life stressors. I believe that it is my life's purpose to help assist in all forms of healing and help each client realize their full potential. If you are ready for positive change, I am here to help you along your path.