

**Experience:**

- Feelings Forward Mental Health Counseling. PLLC – virtual private practice (2023 – present) Treating teens, adults of all ages struggling with eating disorders, body dysmorphia, anxiety, depression, personality disorders, family and relationships issues, and trauma through Betterhelp, Headway.co, and Psychologytoday.com
- Headway.co, virtual platform - private practice on a virtual platform (2022-present) Treating teens, adults of all ages struggling with eating disorders, body dysmorphia, anxiety, depression, personality disorders, family and relationships issues, and trauma.
- Betterhelp, private practice on a virtual platform – (2021-present) Treating teens, adults of all ages struggling with eating disorders, body dysmorphia, anxiety, depression, personality disorders, family and relationships issues, and trauma.
- Center for Discovery, Greenwich CT – Outpatient PHP/IOP program (2016-2022). Program therapist, Assistant Program Director, Clinical Intake Coordinator & Program Therapist. In-person and virtual (through COVID) therapeutic services for kids, teens, and adults ranging from young adults to middle age up to senior citizens. Treated eating disorders primary, secondarily anxiety, depression, personality disorders, family and relationships issues, and trauma.

**Credentials:**

- Licensed Mental Health Counselor (NYS License #: 011929)
- Licensed Professional Counselor (CT license #: 5404)
- MS., Mental Health Counseling – Pace University – Pleasantville, NY

Feelings Forward Mental Health Counseling Therapy, PLLC  
Serving Putnam & Westchester Counties virtually.  
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