

Professional Statement

The trauma field has exploded with significant, quality research in the last thirty-five years. I have followed this evolution refining the skills and knowledge necessary to treat developmental [childhood] trauma. My treatment focuses on the adult—as an individual, and in context of the relationship.

Childhood trauma effects our entire Being—biology, relationships, spirituality, sexuality, mood states, motivations, behavior, addictions and even personality structures. When we understand how we here hurt during early attachment to early adulthood, we can then make sense of ‘why we do what we do.’

Trauma resolution can resolve our conflicted relationships, enhance creativity and stimulate productivity. When the trauma is allowed to be experienced emotionally, somatically, and cognitively, dissociative barriers ease away, providing space for healing.

My sources for doing this creative work is nature, exercise, art, and my own relationships. I love the learning; I find that in books and conferences; and most importantly from my clients. I value how their minds work, how their inner world communicates.