**BIOGRAPHICAL DISCLAIMER**

This document is meant to inform you of my background, experience, and license status. If you have any questions, please feel free to inquire. You may also visit my website at [www.evergreenmentalhealthak.com](http://www.evergreenmentalhealthak.com)

I was raised in Anchorage, where I attended elementary school and high school. I attended Wisconsin Lutheran College in Milwaukee, Wisconsin from 2000-2004. I completed my graduate education at the Wisconsin School of Professional Psychology in Milwaukee, Wisconsin, and I achieved my doctorate in psychology (PsyD) in 2011. Following graduation, I returned to Anchorage and practiced at Good Samaritan Counseling Center from 2011 until 2014, and Providence Medical Group Behavioral Health from 2014 until the end of 2015.

During my undergraduate education, I worked as a shift supervisor and aftercare case manager in a residential treatment center for adolescents. During my graduate training, I completed practica at a neurobehavioral hospital, a prison, and a residential center for substance dependent women. I also co-facilitated a parenting group for parents of spirited children through a local community organization. I am trained in administering and scoring the Wechsler intelligence scales, the MMPI-2, and the Rorschach inkblot test, as well as numerous other instruments to determine academic achievement, cognitive status, and personality features. I completed my doctoral dissertation on the effects of exercise on mental health.

My doctoral internship was completed at a medical center. My experiences included working with patients who had been admitted into the hospital for general medical needs, as well as those who had been admitted into the inpatient psychiatric hospital. Additionally, I worked with individuals in the outpatient clinic who had experiences of chronic pain, trauma and abuse, autism and ADHD, and depression and anxiety through individual therapy, group therapy, and psychological evaluations. I co-facilitated a therapy group that used Dialectic-Behavior Therapy (DBT) to help clients learn coping skills for mood swings, depression, and anxiety.

Post-graduate, I have found a passion in continuing to work with those affected by trauma and abuse, and I have completed several trainings on treating individuals suffering from these experiences. I am certified in the basic training of Eye Movement Desensitization and Reprocessing (EMDR), and I have received my certification to treat clients with dissociative disorders through the International Society for the Study of Trauma and Dissociation (ISST-D).

I use a variety of techniques in my therapeutic practice, including Eye Movement Desensitization and Reprocessing (EMDR), Cognitive-Behavioral Therapy (CBT), clinical hypnosis and Dialectic Behavioral Therapy (DBT) all within a humanistic framework in which the individuality of the client is respected and honored. If you have any questions about any of these methods, or about how these methods may benefit you, please do not hesitate to ask.