



Referral Guide

For use by clinicians or referring providers only.

My scope of practice is based on the service modality I currently offer (i.e., teletherapy) and my clinical training/expertise as a generalist clinician. I offer **free 20-minute consultations** by phone or video if you would like more information or help with your decision to make a referral.

Populations/Demographics

Some insurance accepted. View website for most up-to-date list.

Age Range

- Young adults
- Adults of all ages (including older adults)
- Adult Couples/Partners

Ethnicity/Race

- Hispanic/Latino
- White/Non-Hispanic
- Black/African American
- Asian American

Other Specific Identities

- College students
- LGBTQIA+ individuals
- Neurodivergent adults (e.g., ADHD)
- Individuals living with HIV or herpes
- Caregivers for disabled or aging family members
- Adults with histories of childhood trauma
- Partners in non-traditional relationships

Location(s)

- **Michigan & Texas**
- **Virtual Only (Teletherapy)**

*Note: I have the most experience with these populations but welcome all individuals, practicing from a cultural humility lens, and pursuing ongoing consultation/training as needed.

Common Concerns Treated

Mood & Emotional Problems

- Generalized Anxiety & Social Anxiety
- Performance Anxiety
- Panic Attacks
- Low Self-Esteem
- Simple (specific) Phobias w/ mild to moderate avoidance behaviors
- Major Depression
- Anger Management

Attention-Deficit/Hyperactivity Disorder (ADHD) & Related

- Procrastination, time-management, and organization difficulties
- Struggles with ADHD-related discouragement, demoralization, self-esteem problems
- Impulsivity and risk-taking problems

Trauma, Grief, and Adjustment

- Acute stress or enduring post-traumatic stress
- Sexual assault
- Domestic/Intimate partner violence
- Complicated or complex grief
- Major life transitions and life stress

LGBTQIA+ Identity Support

- Gender and sexual identity exploration
- Minority stress and related anxiety
- Coming out challenges
- Relationship and family dynamics
- Internalized stigma
- Self-esteem and self-acceptance issues

Relationship Conflict & Stress

- Navigating challenging relationships
- Coping with breakups and trust issues (e.g., infidelity)
- Managing stress in non-traditional relationships (e.g., polyamory, ENM)
- Developing socioemotional skills and adapting to new social environments

Wellness, Health, & General Stress

- Living with HIV or herpes (HSV)
- Stress-related insomnia and poor sleep hygiene
- Balancing key wellness areas (e.g., financial, physical, social, spiritual)
- Coping with chronic and autoimmune conditions (e.g., lupus, fibromyalgia, Crohn's)

Beyond My Current Scope

Individuals that would NOT be a good fit for my scope of practice:

- Comorbid chronic substance abuse with moderate to severe impairment in daily functioning
- Acute, active, or recent episode of psychosis (i.e., within the past year).
- Persistent, chronic, or severe mental illness that is not well managed with medication (e.g., bipolar disorder, schizophrenia, etc.).
- Chronic suicidality or engagement in high risk self-harm behaviors
- Recent hospitalization (i.e., within the past year).
- Individuals struggling with a significant/active eating disorder.
- Individuals with moderate to severe intellectual or cognitive impairment.
- Individuals not appropriate for teletherapy sessions.