



Wings of Eagles Counseling Clinic

To nurture a partnership of hope, health and wholeness in all people using solution focused and evidenced bases practices

I have always known that my calling lies in the human services field. My journey began in 2001 when I started as a Certified Nursing Assistant (CNA), a role that reaffirmed my dedication to helping others. It became evident that my true passion was in the realm of mental health services. As I pursued my master's degree, I gained valuable experience in various roles, including Program Manager for intellectually delayed adults, In-Home Behavioral Specialist, and Mental Health Case Manager for both youth and adults.

My academic journey culminated with a practicum at Advanced Behavior Health in Minnesota, where I specialized in treating adults with diverse developmental delays. Upon returning to my home state of Wisconsin, I continued to build my expertise as a Crisis worker and CLTS Case Manager. Ultimately, my commitment to making a difference led me to establish Wings of Eagles Counseling Clinic. What began as a private practice has since expanded to offer a range of services to our clients. My therapeutic approach is characterized by its didactic, eclectic, and client-centered nature. I firmly believe that there is no one-size-fits-all solution when it comes to assisting clients on their path to wellness and wholeness. I have training in CBT, DBT, Motivational Interviewing, Trauma informed Care (Inner child work) and Certified in Prepare/Enrich couples counseling. In every session, I empower my clients and their families to uncover and utilize their unique strengths to navigate life's challenges.

When I'm not working with clients, I treasure moments spent with my family and friends, find solace in attending church, and savor opportunities to travel. Those close to me may even jest that I'm always working, driven by my unwavering pursuit of discovering innovative therapeutic techniques. I am passionate about participating in various training and educational programs to enhance my skills. I understand that our communities are in a constant state of evolution, and my commitment to ongoing education equips me and my team to serve our diverse client base with the most up-to-date knowledge and tools.

Education Background:

Masters in Counseling and Psychological Services
Saint Mary's University, Minneapolis MN

Bachelor of Science in Psychology and Human Biology
University of Wisconsin - Green Bay

License:

Licensed Professional Counselor WI