

More About Me:

In 1995 I graduated from California State University, Chico, Cum Laude, with Honors in the Major of Psychology. Having loved my study of perception, behavior, and social interaction, it was a simple decision to move on to California State University, Sacramento where I studied Marriage and Family Counseling in the Counselor Education program. I graduated in 1997 with a Master of Science degree. By then I was working for Families First, a foster family agency, working one on one with children who had been severely abused by their parents.

My work at Families First gave me a deep understanding of just how severely damaging the wrong kind of interaction can be and how positive connections can help. The work was difficult at times and full of setbacks with the young men I worked with. The rewards of seeing change over time was wonderful and a reward worth the effort.

By the time I graduated from California State University, Sacramento, I had two beautiful daughters and I decided it was time to buy a house. That decision required that I find a place I could earn more. So I reluctantly left the foster family world to investigate suspected child abuse cases, with Child Protective Services (CPS) in Sacramento County.

At CPS I continued my work with abused children. This was a rewarding position that I loved. Unfortunately, the amount of work was overwhelming so I lasted just one year. I sought similar work, with less of it, in Placer County where I remained until 2006. By then I was blessed with two additional children. Longing to spend more time with my children, I left the County and started a private practice.

On the personal side, I love spending time out of doors. I am a runner, completing a half marathon in 2010. Longer races will come, I am sure. I recently took up cycling as well and I get on the American River bike Trail as often as I can. I also enjoy hiking, boating, swimming and other outdoor activities. With my father, I restore antique tractors from around 1915 through 1930. We have also restored the two oldest operational combined harvesters (wheat harvesters) around. We show our tractors throughout California every chance we get.

As to my belief system, I am a Christian. If you wish, let me know and we can use this as a frame of reference for our work together. If you are not interested, that is fine as well. Sometimes making a connection spiritually or rooting a connection in scriptures can help.

I look forward to meeting you and hope I can Add Life to Your Years.....