

ISD

INTERNATIONAL
SCHOOL OF
DÜSSELDORF

SINCE 1968



Meet your **counsellor**...



Since 2008, I have had the pleasure of working with students and parents at ISD, doing personal, career and university admission counselling at the senior school. My daughter graduated from ISD a few years ago, benefitting greatly from the MYP and DP programme.

Originally from Tucson, Arizona, I have worked with high school students and their families as a counsellor, a psychologist and a school administrator for over 20 years. I have a Master's degree in Social Work, and a PhD in Psychology.

I have been very involved in service activities at ISD: I coordinated Habitat for Humanity for three years, and I currently coordinate Peace Village (Friedensdorf). I have been a team member of Project Tanzania and World Volunteers Laos.

One of my special interest is Mindfulness Meditation. I regularly teach an 8-week course in mindfulness for DP students, and also lead trainings for faculty and staff. I am also very interested in motivation theory.