

ISD

INTERNATIONAL
SCHOOL OF
DÜSSELDORF

SINCE 1968



Meet your **counsellor**...



I am thrilled to be a member of the ISD Counselling Team as the **Gr. 10-12 Mental Health & Well-being Counsellor**. As a Counselling Psychologist, my primary role at ISD is to enhance students' mental well-being and promote healthy emotional and social development.

I hold a Master's degree in Mental Health Counselling. After working for a few years, I continued my education and earned my Ph.D. in an APA (American Psychological Association) accredited counselling psychology program in 2011 in the United States. I have years of experience working collaboratively with children, adolescents, parents, and guardians in community agencies and university counselling centre settings providing evidence-based counselling and therapeutic services for individuals, groups, and families. I have particular experience and expertise in crisis intervention, the treatment of depression, and the prevention of self-harm.

As a parent of two teenagers, I know what it feels like to want the best for your children's well-being. I am available to help with any issue (big or small) that impacts academic functioning. This could include struggles with time management, study skills, concerns about social relationships, teenage substance use, poor sleep, anxiety, or depression.

On a personal note, I am originally from Memphis, TN, so I am a massive fan of Elvis and the Blues. I enjoy running, reading, and traveling in my spare time. My family has lived in Düsseldorf since 2019.