

Biographical Sketch

Growing up in Southern California during the 60s and 70s I was strongly influenced by the social changes of that period. Being witness to the values and ideas of that period led me to decide at an early age that I wanted to be involved in a profession that would help others improve the quality of their lives on a personal level.

As a Women's Studies major at UC Berkeley I embraced the concept that "the personal is political" and therefore the key to social change is through individual awareness and assisting people to develop fuller and more satisfying relationships.

After graduating from Berkeley I began working on my Master's Degree in Clinical Psychology. As an intern, I worked with male and female inmates at the Federal Correctional Institute in Pleasanton. I also worked as a crisis counselor and Director of a Program for Battered Women. I then began working on a Ph.D. which expanded my diagnostic skills and furthered my understanding of the mental health profession. I also discovered that by having a Ph.D. I would be allowed to teach and conduct research, neither of which was of interest to me. Consequently I did not complete that degree but instead returned to clinical practice.

Throughout the years I have worked in a variety of venues that have included working with severely disturbed adults in residential treatment as well as vocational rehabilitation. I have also worked as a Corporate Coach for several successful companies in Silicon Valley. Additionally I have co-facilitated relationship groups as well as worked privately with couples and individuals.

In terms of personal development, I am a parent of two; a role that has taught and challenged me more than any other experience. It has also enhanced my work as a therapist and helped me to see how central the experience of being a parent is to all of the major issues and concerns that we face in our daily lives. Being a parent requires us to constantly re-evaluate and re-shape our priorities. It can strengthen or threaten our friendships and marriages. It requires us to develop time management skills and the need to make choices around setting limits and structuring our lives and the lives of those around us. More importantly it has allowed me to love and be loved more fully than I ever imagined.