

Hi, I'm Kenzie.

Good for you for taking this step to seek out support for yourself.

I would love to help you on your healing journey.

Life can be really hard.

My therapeutic approach is focused on alleviating suffering whenever, wherever possible.

So in our work together, we would be looking for opportunities where we can reframe a perspective, or use a regulation skill, or maybe communicate in a different way that ultimately helps life feel better.

Clients come to me for help with anxiety, depression, trauma, relationship issues, and even just big life changes.

My goal is to help you make the adjustments you need to be more present, to feel more joy, and really just to see your life flourish.

I look forward to connecting with you.