Carol earned a Master's Degree in Counseling from Oakland University in 2009 and is currently completing her doctoral work in Counselor Education.  She has experience counseling children, adolescents and adults in individual, couple, and family sessions.  Carol's areas of expertise include depression, anxiety, grief and loss, domestic violence, LGBT issues, improving school performance in students of all ages, improving communication for couples and families, and others.

Carol strives to first understand her clients where they are and then collaboratively helps clients make personal and interpersonal goals to assist them in making the changes they want to experience in their lives.  She honors the unique individuality of each of her clients and avoids "cookie cutter" approaches with clients.  She pulls from many therapeutic techniques including cognitive behavioral therapy, dialectical behavioral therapy, play therapy, solution focused strategies, mindfulness and wellness approaches, art therapy, and others.  She works with her clients to identify together the techniques, approaches, and strategies that will best work for them.