Amy earned her Bachelor’s in Psychology from Michigan State University in 1993 and her Master’s in Counseling from Oakland University in 2011. She is a fully licensed counselor who works with children, adolescents, adults, families and couples and whose areas of interest include anxiety, depression, family issues, school issues, stress management, grief and loss, divorce, and wellness.

Amy’s philosophy is that counseling is a process by which we work together to identify areas in your life where you would like to see personal growth and change and then set goals and put forth a plan in which growth and change are most likely to occur. This involves helping you, the client, develop self-awareness and identify personal strengths and then team that with new knowledge and tools that will facilitate continued growth and development after therapy has ended.

Her approach to counseling is client centered and her aim is to form relationships with her clients built on trust, compassion and understanding. She believes that when clients feel supported and understood, the real work of counseling can effectively take place.

Outside of the office, Amy loves to spend time with her husband and two teenage daughters. She enjoys time Up North, volunteering, reading, and her pets. She has cats but would also love to own some baby goats!