



Christina, MC

Master Counselor

EDUCATION

Cairn University

Master of Science in Counseling

CLINICAL APPROACH

Christina is a skilled clinician who has worked with a variety of diverse populations for over 7 years. She is passionate about providing client-centered, quality care which results in symptom reduction, healing, and empowerment. Utilizing Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Trauma Focused-CBT, and other modalities, Christina has experience working with individuals, families, and groups to address symptoms of depression and other mood disorders, anxiety, trauma, grief, OCD, and personality disorders.

ABOUT ME

I grew up in the Chicago suburbs, but after completing my undergraduate studies in Indiana, moved to Uganda, East Africa to work with the refugee population for a number of years. As is normal for many of us Midwesterners, I moved to Arizona after completing my Master's degree in Counseling. I enjoy spending time with my family and snuggling with my three pups, Piper, Harley, and Giuseppe.

PROFILE

EMPHASIS

Depression
Anxiety
Trauma
Grief
OCD
Personality Disorders

HOBBIES

Watching all the sports
Hiking
Playing guitar
Baking

CONTACT

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