



Ema, LPC

Licensed Professional Counselor

EDUCATION

Grand Canyon University

Master's in Professional Counseling

Point Loma Nazarene University

Bachelors in Therapeutic and Community Psychology

PROFILE

EMPHASIS

Anxiety
Depression
Trauma
Infertility
Life Transitions
Grief

HOBBIES

Drinking Coffee
Reading
Pure Barre
Watching Movies
Thrifting

CONTACT

PHONE: 480-750-0095

WEBSITE: www.aliumhealth.com

EMAIL: office@aliumhealth.com

CLINICAL APPROACH

Ema is a Licensed Professional Counselor in the State of Arizona and graduated with a master's in professional counseling from Grand Canyon University. She specializes in working with trauma, life adjustment, and grief. Ema utilizes skills from DBT and principles from IFS and Humanistic modalities to support her clients in developing insight and understanding into problematic parts of self, developing skills to regulate these parts, and ultimately healing traumatic wounds in order to live and love authentically.

ABOUT ME

I am a wife, dog-mom, aunt, and am also involved in youth ministry at my local church. When I'm not at work, I can usually be found with a cup of coffee and a book, at a thrift store, off-roading or traveling with my husband, or spending time goofing off with my friends or my "kids."