Specialized Support for Identity, Connection, and Belonging:
Care That Recognizes You as a Whole Person

You deserve time and space where you can be your full self and belong.

Through my work in psychotherapy, chaplaincy, nursing, and theology, I have come to appreciate how deeply personal and nuanced conversations about identity, relationships, sexuality, gender, meaning, spirituality, and belonging can be. My practise is grounded in compassion, emotional safety, respect for your lived experience, and a commitment to affirming and supporting people from all walks of life.

I especially value supporting individuals who have spent long periods of life feeling unseen, misunderstood, disconnected, or uncertain about where they belong.

Therapy can offer intentional space to better explore and understand your patterns and experiences, while developing a more grounded and compassionate relationship with yourself. This work takes time, but it is often worth the investment.

Aside from support for navigating identity issues, other reasons for seeking therapy that undoubtedly appear during sessions may be:

- anxiety
- depression
- burnout
- trauma
- relationship difficulties
- grief and loss
- emotional numbness
- low self-worth
- chronic stress
- loneliness
- family conflict
- heartbreak and relational loss
- difficulty feeling emotionally safe or connected

Why This Work Is Personal: *There have been seasons of my life where I felt on the outside looking in, questioning where I belonged and how I fit within the world around me. Because of this, I understand how deeply human the desire is to be understood, known, and connected to others in meaningful ways. My role is to support you as you explore your experiences, strengthen your relationship with yourself, and move toward a greater sense of authenticity, belonging, and self-trust.*

The Emotional Impact of Living Without Belonging

For some, moving through the world while feeling different has meant constantly reading environments and relationships in order to determine whether it is emotionally safe to be fully yourself. Over time, this can contribute to self-doubt, perfectionism, emotional guardedness, or difficulty trusting whether relationships are genuine and secure.

These coping mechanisms may develop from chronic overt rejection. Other times, they may emerge through subtle, yet persistent, experiences of exclusion, criticism, dismissal, or emotional invalidation.

Over time, these experiences can make it difficult to fully relax into who you are, and can contribute to:

- anxiety and hypervigilance
- mistrust; emotional guardedness and difficulty with intimacy
- C-PTSD and relational trauma
- shame, low self-worth, self-criticism, difficulty feeling a sense of belonging
- dissociation or emotional numbness
- people-pleasing and emotional overfunctioning
- depression, suppressed anger, emotional exhaustion
- relationship and attachment difficulties
- complicated grief and loss
- loneliness and isolation
- navigating life transitions with uncertainty and difficulty
- feeling unlovable and hopeless

My Understanding of This Work: *The patterns we develop often begin as attempts to protect ourselves, even if they later leave us feeling stuck, disconnected, or exhausted. Therapy with me is not about judging these coping mechanisms or adaptations, but about understanding why they may have developed and what purpose they have served. Together, we work toward greater alignment between your values, relationships, emotions, and sense of self. Healing and movement forward are possible.*

Faith, Spirituality, Identity, & Religious Experiences

For some individuals, questions of identity, spirituality, religion, family expectations, and faith communities can be deeply painful and emotionally complex. If this has been your reality, you may be experiencing:

- shame and internal conflict surrounding identity
- fear of, or experienced, rejection from spiritual and religious communities
- loss of community or belonging
- spiritual confusion or grief
- difficulty trusting yourself

Others may still value their faith or spirituality and wish to explore how these aspects of their lives fit alongside other important parts of who they are. For some, this involves working toward a greater sense of integration between their beliefs, values, identity, and lived experiences. My role is not to impose beliefs or direct your values, but to provide a space where these questions can be explored thoughtfully, safely, and authentically.

Why I Care About This Work: *I bring many years of personal and professional experience navigating questions of faith, identity, belonging, and meaning. These are deeply human questions that often influence how we understand ourselves, our relationships, and our place in the world. People deserve space to explore these questions thoughtfully and without judgment if they are important aspects of their lives.*

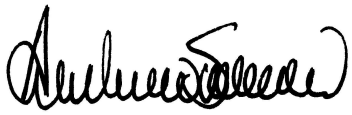
Beginning Therapy

Healing, growth, meaningful change, and a more grounded relationship with yourself are all possible, even if that may not fully feel true right now. You do not need to have everything figured out before beginning therapy. Change often begins simply by allowing yourself to be supported.

If you are seeking support in working toward greater authenticity and connection, my hope is that what you've read leaves you with a reminder – *belonging is possible, and you are worthy of it.* We work together to better understand your experiences, strengthen self-awareness, and support meaningful change in your life and relationships.

If what you've read resonates with you, I'd be glad to hear from you.

With a heart for service and care,



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