Bio:

I grew up in the Houston area. I completed my undergraduate work at Houston Baptist University. While attending medical school at UTMB in Galveston, human behavior became a clear area of interest. I trained in the psychiatry residency program at the Baylor College of Medicine. This particular program taught extensively in the psychodynamic aspect of psychiatry along with the biological medical component. I started my first job at the Houston VA Medical Center serving our veterans for 10 years. Beyond the clinical duties, I served as a faculty member at Baylor to medical students, physician assistant students as well as psychiatric residents. I co-instructed a psychiatry course at the Texas Women’s Nursing program. I also participated in research studies. Since leaving the VA, I have been in private practice for over 10 years. Now with over 20 years of diverse experience, I am quite experienced in treating the severely chronically ill to the general population who suffers from psychiatric conditions that need some help and understanding of their continued stigmatized state. I am certified by the American Board of Psychiatry and Neurology.

Message:

I strive to achieve a working relationship with my patients. It's difficult for someone to make a decision about seeing a mental health professional. I can help in a compassionate and understanding manner. I have worked with a wide range of patients, including psychotic disorders, mood disorders and anxiety disorders. No matter what the diagnosis, each patient and their circumstances are unique. I incorporate my therapy skills to enhance the effect of the medications. I get to know my patients and work with other providers involved in their care. I do not do 15 minute med checks as this does not allow for the development of a therapeutic relationship between patient and physician which serves as part of the treatment process.