

SUMMARY

I'm a parent of a AFAB child. I spent years researching and learning about the LGBTQIA community. I have taken that knowledge and helped families go through the same transitioning process.

I have successfully owned and managed my own company for decades. Originally based in New York City, the company moved to Fort Lauderdale, FL. The more I got involved with my sons transition, the more I found a new purpose in life. I have embraced being a mom of a transgender son and have been involved in every step of my son's transition - doing my due diligence with doctors, mental health professionals and I'm a huge advocate for the community. I have taken my knowledge and experience and have helped other families navigate a very difficult process.

Personally I know how helpful therapy can be. For approximately 2 years, I was seeing a therapist who helped me navigate these uncharted waters of having a transgender child. There were so many stages - so many ups and downs, it was hard to keep up. Especially when you didn't know what to expect or what questions to ask - like their gender dysphoria, lack of self esteem, anxiety, depression, anger, when to move forward with the transition, name change, etc.

My biggest success is my relationship with my AFAB son. He constantly acknowledges how happy he is that I adopted him and that I'm his mom.

THERAPEUTIC CONCENTRATIONS

- LGBTQIA
- Mindfulness
- Life Skills
- Addiction Counseling
- Grief
- Communication Skills
- Trauma
- Crisis Intervention
- People Skills