



Helping You Navigate Life with Clarity and Confidence

Contact Me



About Me

At Therapy With Rose, I offer a compassionate and professional space for individuals seeking meaningful emotional support and personal growth. My practice is especially suited for those who identify as over-thinkers and over-feelers—individuals who may struggle with anxiety, depression, relationship issues, or overwhelming life transitions. Therapy here is not just about managing symptoms; it's about understanding yourself on a deeper level and creating lasting change.

Using a blend of psychodynamic and mindfulness-based approaches, sessions are tailored to help

uncover patterns, shift unhelpful thinking, and strengthen emotional resilience. I focus on building a safe and collaborative relationship where clients feel genuinely seen and supported. Through this process, you'll gain clarity, confidence, and practical tools to navigate life with greater ease. In-person and virtual appointments are available to ensure therapy is accessible and convenient.

Take the first step toward better mental health today!

Begin your journey to mental wellness with expert care, personalized therapy, and medication management. Book your appointment today!

Therapy With Rose

THE GAL WHO GETS IT

Evidence-based, client-centered care designed to foster emotional resilience, personal insight, and lasting change in a supportive therapeutic environment.

Useful Links

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