

About Me

Hi, I'm Dan. I'm a Licensed Graduate Professional Counselor and I want to welcome you to this space and let you know that my goal is to create a judgment-free environment where you can explore the areas in your life where you might feel stuck—whether that's in relationships, work, goals, or something else entirely. Together, we'll look at what behaviors, thought patterns, or choices may be holding you back from becoming the best version of yourself.

I don't see people as labels or categories; I see you as a unique individual with your own story. My approach isn't tied to one specific counseling method. Instead, I pay attention to things like how you think about yourself and the world (cognitive distortions), the ways you connect with others (attachment styles and boundaries), and how you integrate both the positive and challenging parts of your life.

I believe it's important to take a holistic view of our humanity—looking at the physical, emotional, mental, relational, and even spiritual aspects of who we are. You'll find that I'm patient and curious, but also direct, with a good sense of humor. I value genuine human connection above any technique, though I use tools and approaches where they're helpful. What matters most is creating a space where healing and growth can happen through our work together.

Before becoming a counselor, I spent over 25 years as a pastor in a non-denominational, multicultural church. My background includes a Bachelor's degree in Pastoral Christian Education and a Master's in Ministry from Moody Bible Institute in Chicago. This experience shapes my perspective, but I don't push religious beliefs on anyone.

My role is to work within your framework, whatever that may be. I'm here to walk alongside you as you navigate your journey. Let's get started.