

# About Me

Charlotte is passionate about working with clients of a diverse background with a specific focus on BIPOC communities. As a first generation Cameroonian American, she is passionate about destigmatizing mental health particularly in other non-American cultures and at the same time meeting clients where they are.

She strives to create a warm, safe, and authentic relationship with her clients. She understands that therapy involves a holistic approach and utilizes a holistic approach, treating mind, body, and spirit. She is always open to learning new skills and techniques to best fit her client's needs. She integrates cognitive-behavioral and psychodynamic techniques, somatic practices, Motivational Interviewing and Strength-based approaches, and mindfulness-based methods.

Charlotte specializes in working with teens, college students, young adults, and adults with mood disorders, relationship (romantic, friendship, family) adjustment related disorders, trauma, self-esteem, neurodivergent learners, and school-related stress.

Charlotte received her MA in Counseling from Marymount University. She has spent the last 11 years as a school counselor. Four of those years, she worked as a school counselor in Abidjan, Côte d'Ivoire.

During her free time, she enjoys spending time with family and friends, singing karaoke, being in nature, and traveling.