

# About Me

Gaitee is a Licensed Mental Health Clinician in Maryland and Texas, holding a Master's degree in Clinical Mental Health Counseling and certified as an EMDRIA-approved Eye Movement Desensitization and Reprocessing (EMDR) provider.

She creates a warm, connected, and supportive therapeutic environment where healing and personal growth can flourish. Gaitee is dedicated to building a relational space that encourages transformative experiences. Specializing in trauma-informed counseling, she integrates multiple therapeutic modalities to support your overall well-being. In her sessions, Gaitee helps you identify attachment patterns, bringing unconscious dynamics into awareness to promote lasting change. Her approach is designed to enhance relationships, develop healthy coping strategies, and deepen personal insight, offering relief from depression, anxiety, low self-esteem, grief, loss, and disconnection.

Gaitee's work is grounded in a holistic approach that acknowledges the intricate connection between mind, body, and spirit, fostering self-discovery and resilience. Her therapeutic style is influenced by psychodynamic theory, existential philosophy, and psychoanalytic insights, ensuring each client's unique experiences and needs are honored. She skillfully integrates techniques from Internal Family Systems (IFS), Experiential Therapy, and Adlerian Theory, crafting personalized treatment plans for each individual. Gaitee is also trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for working with young adults.