

About Me

Amber is a Licensed Graduate Professional Counselor (LGPC) practicing in the state of Maryland. Her work is deeply rooted in a genuine passion for helping others heal, grow, and rediscover their inner strength. She views therapy as a collaborative journey where clients are not only supported, but truly empowered to take ownership of their lives and their progress.

Amber has 20 years of experience supporting individuals, families, and young adults across diverse communities. She has built a reputation for compassionate care, strong advocacy, and results-driven counseling and support.

Her approach to counseling involves utilizing various cognitive-behavioral, client-centered, and dialectical behavior techniques. She specializes in working with individuals dealing with anxiety, depression, trauma, transitional issues, and low self-esteem.

Clients appreciate Amber's warm, supportive presence and her ability to create a safe space where they feel heard, understood, and empowered. She believes meaningful change happens when people are equipped with insight, encouragement, and practical strategies that fit their lives.

Outside of her professional work, Amber enjoys exercising and traveling, which reinforces her belief in the importance of balance, wellness, and personal growth. Amber is passionate about walking alongside her clients as they move toward healthier thinking, stronger relationships, and more fulfilling futures.