A logo for a wellness company

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Emily received her bachelor’s degree in Psychology from Taylor University and master’s degree in Clinical Mental Health Counseling from Indiana Wesleyan University. Emily is a National Certified Counselor (NCC) and Licensed Mental Health Counselor Associate (LMHC-A). Emily has additional training in both addictions and eating disorders. She has worked with a variety of clients including children, adolescents and adults in a variety of settings including outpatient, partial hospitalization, and inpatient/residential. Emily enjoys facilitating groups along with individual therapy. She has special interest in eating disorders, body image, anxiety/depression, and trauma. In her work with clients, Emily uses an integrated approach that includes Internal Family Systems Therapy (IFS), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Mindfulness. She understands treatment is individualized and addresses specific goals of each client. Emily strives to create a safe space for clients to be heard, seen and cared for holistically while providing support along the recovery journey.