

INTRODUCTION

My University studies in Business Administration, Economic Policies and Corporate Organizational Systems first led me to military service and later to private industry. I held a series of high-level executive positions within multi-level corporate structures and in these settings, worked with multi-million dollar budgets dedicated to both human and non-human resources. And my travels throughout Europe, the Middle East, Asia, the Pacific and Central and South America have given me a greater understanding of diverse languages and cultures. I am a native of San Antonio, Texas and have travelled widely throughout the United States. My primary language is English with good fluency in Spanish.

I am licensed by the Texas State Department of Health as a Licensed Professional Counselor, (LPC) and as a Licensed Marriage & Family Therapist, (LMFT). For almost 30 years I have managed my own individual Private Practice and I have faithfully and continuously met all licensing, training and regulatory requirements of my governing Boards. I proudly hold an impeccable record of service and have never had either an official or unofficial complaint filed against me or my license.

My role today as a Licensed Professional Counselor and a Licensed Marriage & Family Therapist is the culmination of a rigorous academic education, a rich set of world-wide leadership experiences and a commitment to understanding human psychology and behavior in the interest of helping individuals, couples and families relieve psychological suffering, so that they may enrich their lives and live to their full potential.

EVOLUTION

In 1985, after completing my Masters Degree in Clinical Psychology I embarked on a 'private practice' career in mental health. In the early years of my career my work was devoted to working with patients in psychiatric hospital settings and seeing clients in my own private practice.

In hospital environments, I administered comprehensive psychological evaluations with detailed written reports; I consulted with attending psychiatrists over in-patient treatment plans; I conducted in-patient therapy and treatment programs for selected patients; I designed and conducted group therapy and education programs for child, adolescent, adult and geriatric in-patient programs; and I coordinated discharge plans that insured continuing out-patient counseling support after patients were discharged.

Because of my extensive work with in-patient adult substance abuse recovery programs, I was asked by two separate hospital systems, to write and design the curriculum for their in-patient recovery programs. I subsequently founded *On-Track Recovery Inc.*, a one-year outpatient treatment and recovery program for adults addicted to alcohol and drugs and I currently serve as its Director. The *On-Track Recovery* program has been a continuing and effective part of my private clinical practice.

SPECALIZATION

In the late 90s I devoted my professional energies exclusively, to the on-going development and expansion of my Private Practice. And while I continued to see the broad spectrum and presentation of child, adolescent, adult and family disorders, I began to see a recurring theme in the general clinical profiles of my clients.

What I observed was a strong relationship between the health of my clients and the quality and strengths of the families from which they came, particularly the strength and qualities of their parent's marital relationship. It became more evident to me that if the families from which my clients originated had poor interpersonal strengths, poor communication skills, higher levels of marital discord and a greater frequency of divorce and that my clients too, were at greater risk for experiencing these same problems.

From these realizations I have dedicated my commitment to working with couples in conflict in the interest of helping them to heal emotionally from past wounds; to address their current psychological weaknesses; to discover new insights into their own psychological development; to rediscover the quality of friendship in their marriages and relationships; and to develop healthy and effective communication skills, not only for managing and resolving conflict but also for discovering and honoring the life dreams that once brought them together.

My interest, my passion and my commitment to guiding couples through conflict led me to the work of John Gottman, Ph.d., <http://www.gottman.com/> who continues, through his own personal commitment, to conduct research and apply his findings to innovative approaches in communication, all in the mutual interest of helping couples understand the nature of conflict and in finding new and effective ways of managing and resolving it.

The recent and on-going development of the internet and the innovative changes that have accompanied its development, now make it possible through confidential HIPAA-approved video conferencing technologies, for any adult or any adult couple in a married or unmarried relationship to avail themselves of my professional services.

I urge you to consult and read the extensive description of clinical services under the SERVICES page and to read all other portions of this website so that you will be completely informed of my commitment to you, your partner and your family.

If you have read this far, I will assume that your interest is related to an urgent, pressing and confidential need and I will also assume that significant personal and emotional interests are at stake. I urge and invite you to contact me NOW for a confidential interview. I look forward to hearing from you.

If for reasons of your own you choose not to contact me, it is my sincere hope that you get help somewhere.