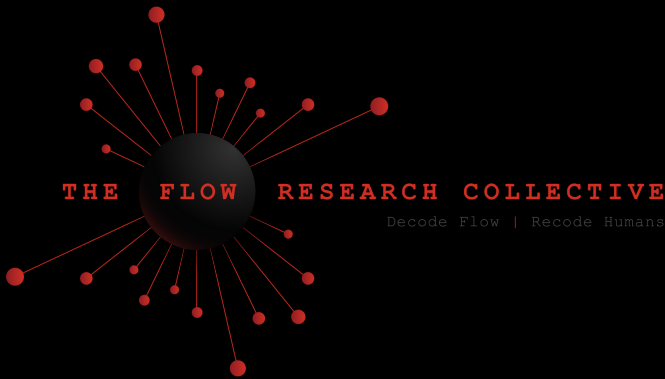




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BIO

I am a psychologist, writer, and performance consultant with a private practice in Honolulu, Hawaii (though it won't take you long to discover I'm a Boston girl at heart).

My integrated approach is big on science, low on bullshit, empowering my clients to achieve long term change and growth through an eclectic blend of psychology, neurobiology, and functional medicine.

I am also a performance consultant with The Flow Research Collective, founded by Steven Kotler, which explores the outer reaches of human excellence.

DISCUSSION TOPICS / IDEAS

- General Psychology / Wellness
- Optimal Performance
- Functional Medicine
- Neurobiology / Epigenetics
- Overcoming Self-Sabotage
- How Food, Medicine, & Mood are Connected
- Mindfulness
- Grief & Loss
- Organizational & Executive Consulting

PREVIOUSLY FEATURED ON

