

Michelle is a passionate supporter of the DID/dissociative disorders community, both in her personal and professional life. As a supporter, she knows firsthand how challenging relationships can be, while at the same time those relationships can be integral parts of the healing process. As a therapist, Michelle utilizes parts work inspired by Internal Family Systems, Eye Movement Desensitization and Reprocessing (EMDR) therapy, and a systemic perspective to help clients heal, reclaim their power, and live life to the fullest.