



The On Earth Project

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THE ON EARTH COUNSELING PROJECT

The On Earth Counseling Project is dedicated to providing a safe and supportive environment wherein counselors partner with clients to work toward sustainable personal growth, healing, and mental/emotional health.

–Mission Statement

PROFESSIONAL DISCLOSURE STATEMENT LIMITED PROFESSIONAL COUNSELOR

DESCRIPTION OF EDUCATION AND EXPERIENCE

After graduating from the Wayne State University's Coordinated Program (CPD) in May 2017, I passed the registration exam and became a Registered Dietitian in August 2017. Through working as a Registered Dietitian at the Detroit Urban League of Southeastern Michigan WIC program (ULDSEM) and my CPD program at Wayne State University, and personal life experiences, I have acquired the knowledge, tools, and confidence to be an ethical and professional dietitian in the workplace. I was a clinic lead in charge of overseeing staff and providing food benefits, nutrition education, and counseling for non-high risk and high-risk low-income women, infants and children of Southeastern Detroit. During the CPD program I had the privilege to complete rotations in foodservice, clinical, long-term care, and community dietetics in the greater Detroit Area.

With an undergraduate degree in Environmental Science and Resource Sustainability, another great passion of mine beyond nutrition is the Earth and its environment we live in. As a student and a citizen of our community; I have initiated roadside and waterway cleanups, worked at the campus community garden helping build compost stocks and starter worm stocks, selling fresh fruit on campus and teaching summer camps to kids. I worked in toxicology and environmental chemistry labs assisting in bioassays of Zebrafish hatching success in drinking water, and the effects of road salt on our ecosystem. My favorite part of all was being able to teach an apiculture and sustainability course to both college students and kids; in the classroom and out in the field.

My diverse background in both Nutrition and the Environment makes me an employee that offers creative ideas and a unique skill set that will benefit the already great research and education found amongst the professionals dedicated to The On Earth Project.

DESCRIPTION OF YOUR PRACTICE

I provide Dietetic and Nutrition Education Services in my private practice. In private practice I work from a Person-Centered philosophy at times incorporating elements of Medical Nutrition Therapy, Nutrition Education, in-depth Nutrition Counseling, Cognitive Behavioral Therapy, and Solution-Focused Therapy. Ultimately, my belief is that clients have everything they need on the inside to work through any struggle, whether it be mind, body, or spirit. It is my role as a Dietitian to partner with my clients through therapeutic processes (nutrition counseling sessions) as one pillar in their journey to personal growth and healing.

FEE

I offer individual counseling services to clients in my private setting at a rate of \$100 per session (sliding scale available based on need). Couples nutrition counseling sessions cost \$100 per session. Cash or credit card (including HSA) payments are accepted prior to the start of any individual counseling session. Nutrition counseling sessions last one hour, including 45 minutes for therapy and 15 minutes for clerical/billing matters.

In the event that you would like to file a complaint regarding services, send written complaints to the following location:

Commission on Dietetic Registration
120 South Riverside Plaza, Suite 2190
Chicago, IL 60606
(800)-877-1600 ext. 5500