

As a dedicated and experienced psychotherapist, Tina Marie is committed to providing compassionate, culturally sensitive, and feminist-informed mental health care to individuals seeking support. Her therapeutic approach is rooted in a deep understanding of interpersonal neurobiology, mindfulness-based cognitive-behavioral therapy (CBT), psychodynamic, relational, and narrative therapy. She believes in the power of these modalities to foster healing and transformation in the lives of her clients.

In her career, she strives to create a therapeutic environment where every individual feels seen, heard, and valued. Her commitment to a diverse range of therapeutic modalities, cultural sensitivity, and feminist principles allows her to support individuals on their journey toward mental and emotional well-being. She looks forward to the privilege of joining you on your path to healing and self-discovery.

She enjoys working with people with creative minds, artists, musicians, actors, and those who identify as out-of-the-box thinkers and who live outside the realm of social norms.