

Melanie graduated with a Master of Social Work degree from Fordham University in 2007 and completed post-graduate work in Psychodynamic Psychotherapy and the Psychology of Religion and Spirituality from the Blanton-Peale Institute. She also received certificates in Ketamine-Assisted Therapy and Psychedelic Integration from Fluence, a leading educational research center in psychedelic-assisted therapy. She specializes in trauma-informed therapy, psychedelic-assisted therapy, and life coaching. She uses an anti-oppressive, anti-racist, and queer affirming lens in her work that centers the lived experiences of her clients.

She works particularly well with women, creatives, entrepreneurs, and LGBTQIA+ people. Her psychedelic work is complimented by her approach utilizing somatic, relational, mindfulness-based, trauma-informed, and psychodynamic modalities. She also specializes in Internal Family Systems (IFS) and attachment-based therapy.

A particular area of focus in her practice is religious trauma recovery and spiritual/existential exploration.