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Dear Student and Parents,

I am excited to begin working with you and your parents. I imagine that your process here has been difficult but fulfilling. I am honored that you are considering me, and I hope that you will allow me to join you on this next part of your journey. I am truly looking forward to working with you and getting to know you.

A little bit about myself, I have worked with individuals in therapy for over 10 years with over five years of experience working specifically with adolescents in the residential treatment setting. In addition to utilizing evidence-based practices, I approach therapy from culturally responsive, strengths-based perspective. Some of my clients feel burnt out from the typical therapy process, so I enjoy getting out of the office to engage in experiential activities such as rock climbing, hiking, and yoga. For those who like staying in the office, but talking just isn't enough, I love to use music and art as a way of expression. For example, I created a program using rap music to help teenagers explore their loss and grief. While I love hip-hop culture and rap music, I also use other genres of music. The most important aspect is that we will use the music that connects to you.

I can promise that I will work hard to provide the best guidance possible, however, my dedication is expected to be matched by you. I hope that our sessions can be an outlet for you as you move towards your goals, in addition to maintaining and refining the skills you have already learned. My hope is for us to be able to cultivate your goals together and for you to understand you are in control of your story as you move through this transition.

Sidney Dang, Psy.D.
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