

Therapeutic Resources in Utah County

Play Therapy

- Naomi Hyde: Marriage & Family Therapist Intern.

Naomi specializes in general family therapy. Helping families, couples, and individuals determine and meet specific goals and live full lives. Naomi has a background in trauma care. And uses systemic models of therapy specific to help the needs of individual clients such as; strategic family therapy, solution focused therapy, cognitive behavioral therapy, play therapy, creative therapy, emotionally focused therapy, etc.

Tranquility Counseling Services

276 East 950 South

Orem, UT 84058

(801) 509-5925

<https://www.tranquilitycounselingutah.com/>

- Karen Gardner: Clinical Social Work/Therapist, LCSW.

Karen is passionate about her work in helping children, adolescents, and adults heal. Karen is an LCSW (Licensed Clinical Social Worker) with advanced certifications in EMDR (Eye Movement Desensitization Reprogramming), DNMS (Developmental Needs Meeting Strategy), and EFT (Emotionally Focused Therapy). Karen also uses Cognitive Behavioral Therapy, Solution Focus Therapy, Play Therapy, as well as Art Therapy.

Karen Gardner, LLC

3325 North University Avenue

Suite 300

Provo, UT 84604

(801) 528-7124

<https://emdr-utah.com/>

- Wendy Whitley Francis: Clinical Social Work/Therapist, LCSW.

Wendy enjoys helping families to become stronger by working with all members of the family through doing play therapy with children, psychotherapy with older children, adolescents, and adults, individual parenting or co-parenting sessions, perinatal sessions, couples, and family therapy.

Ascendant Behavioral Health

3051 West Maple Loop Drive

Suite 210
Lehi, UT 84043
(801) 997-1745

<https://ascendantclinics.com/>

- Kate Hofer: Counselor, CMHC. Kate has extensive training in Play Therapy and Sand-Tray Therapy. She enjoys using these expressive strength-based interventions, guiding clients to discover their authentic True Self and creating Post-Traumatic Growth (PTG). Kate has integrated Positive Psychology with Art Therapy which becomes “Positive Art Therapy.” Kate helps clients who are struggling with past trauma, anxiety, codependency, depression and perfectionism.

Brookhaven Counseling & Wellness

2578 West 600 North

Lindon, UT 84042

(385) 489-1576

<https://www.brookhaven.co/>

- Mary Ann Carter: Clinical Social Work/Therapist, LCSW.

I have enjoyed working as a social worker for the past 23 years, and I have learned so much from each of my clients! I have a passion for working with individuals who have experienced trauma, loss, and/or abuse. I have been trained in Child-Centered Play Therapy, Sand Tray Therapy, Expressive Art Therapy, and TF-CBT (Trauma Focused Cognitive Behavioral Therapy). I have worked extensively with Hispanic people, and I speak Spanish. Please contact me with any questions that you have. See you soon!

2578 West 600 North

Suite 102

Lindon, UT 84042

(385) 380-5037 x84042

<https://www.brookhaven.co/>

Art Therapy

- Eagle Mountain Counseling.

We are highly-trained, compassionate and dedicated to providing state-of-the-art treatment that shows results. Every client who walks through our doors becomes our focus. We will explore your own unique strengths and challenges. Our mission is to help our clients not only survive, but thrive in the face of life's difficulties. Between our 10 therapists, we offer comprehensive treatment in many areas of specialty. We offer the following services: Individual Therapy, Marriage Counseling, Child and Adolescent Counseling, Online Therapy and EMDR Treatment.

Eagle Mountain Counseling
3714 East Campus Drive
Suite 101

Eagle Mountain, UT, 84005
(801) 341-2644

<https://eaglemountaincounseling.org/>

- Shahar Lawrence: LCSW and Founder of Holistic Counseling

I utilize animals, mindfulness, movement, art, and music throughout the healing process. My goal is to integrate mind, body, and spirit to provide lasting healing for each client. I also recognize that each client has individual needs and goals. I create customized plans with clients that we review often to ensure we are meeting your needs.

Ethnicity: Hispanic and Latino

I also speak: Spanish

Age: Elders (65+), Adults, Teen, Preteen

Holistic Counseling

Lehi, UT 84043

<https://www.yourholisticcounseling.com/>

Family Therapy

- Whitney Hebbert: Marriage & Family Therapist, MS, LMFT, EMDR

As a marriage and family therapist, I have education and training in treating children, adolescents, and adults. I work in treating depression, anxiety, eating disorders, trauma, and various issues that arise in relationships including communication skills and marital issues. I have had success in helping clients develop the skills they need to understand, cope with, and solve the problems that prevent them from living fuller and happier lives.

Meadowbrook Counseling

1433 N 1200 W

Orem, UT 84057

(801) 509-9449

<https://www.meadowbrookcounseling.com/>

- Luz Mariscal Ortiz: Pre-Licensed Professional

I am excited to help children, couples, and individuals be the best versions of themselves. I can help you get in touch with your core self, validating and understanding your needs to move forward in life to achieve your goals.

Beehive Child and Family Counseling

11038 Highland Blvd. Suite 475

Highland, UT 84003

(801) 471-0149

<https://www.beehivecounseling.com/>

- Kylie Bair: Clinical Social Work/Therapist, MA, LCSW

In my counseling practice I strive to create a safe, non-judgmental place for individuals, couples, and families to work through the challenges life presents. My approach is one of warmth and genuineness. I strive to help my clients create a meaningful life by healing old wounds, improving family relationships, and adjusting to difficult life transitions.

Compassionate Connections Counseling

481 East 1000 South Suite D

Pleasant Grove, UT 84062

(801) 441-3657

<https://www.compassionateconnectionsounseling.com/>