

Facilitating Hope, Healing and Fulfillment



Emma is a licensed Associate Clinical Mental Health Counselor at Renew Relationship Counseling. She received her undergraduate degree in Psychology at Brigham Young University-Idaho (BYU-I), and then went on to complete her Master's Degree in Clinical Mental Health Counseling at Rocky Mountain University of Health Professions (RMU-HP).

Emma is genuine and sincere. She has a great compassion for those that she serves. She is also experienced and sophisticated and can help her clients uncover the heart of the issues that they face. Emma specializes in a wide range of concerns. She has experience treating marriage and family relational issues, anxiety, depression, trauma, addiction, grief/loss issues, attachment injuries, early childhood trauma, parent-child issues, and many other mental health concerns. Emma is a

Trauma-Informed Therapist and is proficient at navigating the complexities associated with the concerns that her clients face. She also utilizes a Cognitive Behavioral Therapy (CBT) approach; one of the most heavily researched therapeutic models with proven outcomes for a variety of mental health concerns. Emma also has training in Interpersonal Psychotherapy (IPT), Acceptance and Commitment Therapy (ACT), Emotion-Focused Therapy (EFT), and the Renew System for Couples.

Emma serves a variety of clientele, and has experience treating couples, individuals, families, and teens. She has worked in numerous settings, including inpatient-acute hospital settings, outpatient settings, and community-based private practice. Emma sincerely enjoys her clients and is thrilled to experience their growth through therapy!

In her spare time, Emma loves spending time with her family. Emma enjoys outdoor adventures, including hiking, biking, and traveling! Her German Shepard, Leisel, is one of her favorite adventure buddies. She also loves reading!

What People Are Saying:

"I appreciate Emma having relevant feedback on the topics I have needed to talk about. Sharing ways to work through difficult situations with helpful coping skills is foremost in Emma's tool belt that enables her clients to work through their own problems. Emma really listens without judgement and asks questions to understand where you're coming from so she can help her clients learn how to figure things out on their own using the skills she teaches. Emma is a wonderful counselor."

"5 stars – Excellent!"