

Facilitating Hope, Healing and Fulfillment



Kristianne is passionate about supporting individuals, couples, and families. She has spent years studying attachment and relationships to gain a variety of tools to assist those that she serves. Kristianne is a Licensed Associate Marriage and Family Therapist at Renew Relationship Counseling. She received her Masters of Marriage and Family Therapy degree through Capella University. Kristianne also holds a degree in Family Studies and Human Development from Utah State University.

Kristianne has a comprehensive understanding of therapeutic approaches such as Emotion-Focused therapy (EFT), Narrative therapy, Multigenerational therapy, Collaborative therapy, and Solution-Focused therapy. She is also proficient with the Renew System for Couples with significant experience in effectively supporting couples with this model. Kristianne works with clients struggling with depression, anxiety, mood disorders, marriage and family issues, parenting struggles, intimacy concerns, trauma, grief, postpartum depression, and other personal and relational concerns. In addition to her therapeutic work, Kristianne has experience teaching parenting courses, grandparenting courses, and strengthening marriage and family courses. She is an expert at helping couples and families feel heard, find common ground, and come to solutions.

Kristianne loves working with people of all ages, abilities, and diverse backgrounds. She is known for her empathetic approach and her ability to create a warm, open, and respectful environment for clients. She has experience working with a diverse clientele ranging in age, race, ethnicity, gender, sexual orientation, and religion. Kristianne feels it is an honor to help people on their journey through life. She realizes that life does not always go as planned and has personal experience with what it takes to not only survive but thrive after grief, loss, postpartum depression, and even cancer.

Kristianne is happily married and is the mother of 3 wonderful children. In her free time, she likes to read, sing, play the violin, kayak and paddleboard, and work in her garden. She also loves to travel and go on adventures with her family.

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