

Facilitating Hope, Healing and Fulfillment



Andrea Carlson, MSW, CSW is a licensed Certified Social Worker with a Master's degree in Social Work from the University of Utah. She also completed her Bachelor of Science degree in Behavioral Science and Health from the University of Utah, minoring in Sociology.

Prior to Renew Relationship Counseling, Andrea offered therapeutic services to Veterans at the VA Medical Center in Salt Lake City. She fulfilled many roles while at the VA. Andrea assisted homeless Veterans in obtaining secure housing, conducted assessments and provided support to caregivers of geriatric Veterans, as well as facilitated group therapy for Veterans that were recently hospitalized after experiencing substance misuse.

Her areas of expertise include stress, anxiety, depression, trauma, grief and loss, family/relationship issues and personal growth. She especially enjoys working with couples of all ages. Andrea is a certified Gottman Method Couple therapist, is certified as an Accelerated Resolution Therapy practitioner (ART), and has specialized training in Acceptance Commitment Therapy (ACT), Mindful Based Stress Reduction (MBSR), Cognitive Behavioral Therapy (CBT), Substance Use Disorder treatment, and grief and loss treatment.

Andrea utilizes a multidimensional approach to therapy, exploring each individual's needs. She desires to come alongside others to assist them in healing from trauma, building self-worth, improving communications in their relationships and reaching their goals.

Andrea hobbies include running, hiking, and swimming. These hobbies are second to her most favorite hobby, searching for the best burger in Utah and beyond. Andrea also enjoys traveling and experiencing new places and cultures, yet she is also happy being home playing board games with her family. She has been married for 25 years and has four children.

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