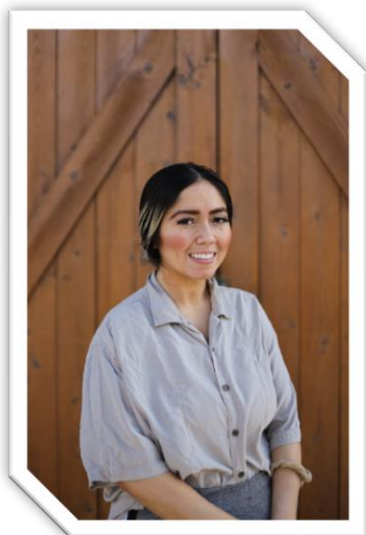


## Facilitating Hope, Healing and Fulfillment



Isabel Otanez-Ortiz is a bilingual therapist who is licensed as a Certified Social Worker (CSW). Isabel is fluent in Spanish and English. Isabel completed her undergraduate degree at Brigham Young University – Hawaii in Psychology. Following her undergraduate degree, Isabel continued at Utah Valley University where she earned a Masters degree in Clinical Social Work.

Prior to Renew Relationship Counseling, Isabel offered therapeutic services at the Utah State Hospital where she provided group therapy, conducted assessments, facilitated clinicals, and delivered therapeutic counseling and support. Isabel also has experience working in intensive residential treatment with individuals who are struggling with family disruptions, self-harm, suicidal thoughts and behaviors, substance abuse, and/or a history of trauma, including: physical abuse, sexual abuse, neglect and domestic violence. Isabel has also facilitated numerous psycho-educational classes and groups.

Isabel is proficient in numerous acclaimed therapeutic models, including: Dialectical-Behavioral Therapy (DBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Solution-Focused Brief Therapy (SFBT), Eye Movement Desensitization and Reprocessing (EMDR), and various Family Systems models. Isabel provides therapeutic support for the following concerns: depression, anxiety, mood disorders, family relational issues, couples and marriage concerns, parent-child relational problems, substance abuse, addiction, self-harm and suicidal thoughts, trauma recovery, grief support, acting-out behaviors, and difficulties with time management and organization. Isabel is described by her clients as empathetic, kind, and a good listener. Isabel is also assertive in going after the heart of the issue.

In her free time, Isabel loves dance and exercising (the non-running kind 🤸). She also has a keen eye for photography and enjoys spending time finding creative outlets for her talents. Isabel loves her family and enjoys spending quality time with them.

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