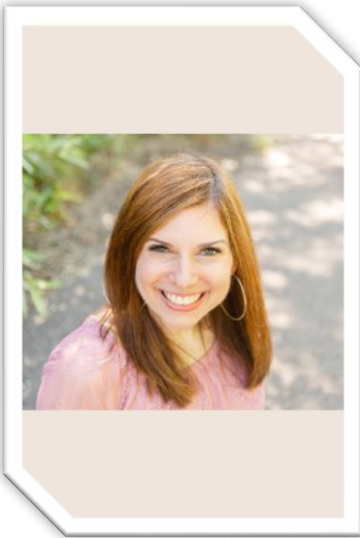


Facilitating Hope, Healing and Fulfillment



Jamie Hauglid is known for being warm and accepting, as well as direct. She is passionate about helping her clients feel seen, heard, and understood. She also believes that a life without laughter is a tragic life, and she uses her sense of humor to connect with others.

Jamie earned her undergraduate degree in English from Brigham Young University. She later went on to receive her master's degree in marriage and family therapy at Antioch University in Seattle, WA. While working for a nonprofit in Seattle, Jamie had the opportunity to work with a diverse group of kids, teens, couples, and families from various backgrounds and walks of life. She spent a lot of time working with more marginalized populations, including the LGBTQ+ community. She became an advocate and ally for the underserved. Upon returning to Utah, Jamie worked in a long-term residential treatment program for teens, where she helped teens and their families with various issues, including mood disorders, self-harm, trauma, fractured family relationships, as well as struggles related to identity and finding purpose and meaning.

Jamie loves doing attachment work and relational work with individuals, couples, and families. She believes that true healing comes from self-acceptance and through building authentic, meaningful relationships and connections with others. Her daily mantra comes from renowned psychotherapist and author Irvin Yalom, who states, "It is the relationship that heals."

Although you can't call Jamie "outdoorsy," she enjoys water activities and the occasional easy hike. She also loves music and isn't ashamed to sing loudly in the car. Jamie also enjoys watching baking competition shows (and attempting to replicate the recipes), reading, and spending time with family, friends, and her mischievous cat.

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