

## Facilitating Hope, Healing and Fulfillment



Michael Anderson is a Master's-level student therapist specializing in Marriage and Family Therapy at Utah Valley University. Michael's undergraduate studies were at Brigham Young University, where he received his bachelor's in Public Health, with an emphasis in Health Promotion.

Before working at Renew Relationship Counseling, Michael treated patients at the Utah Valley University Community Family Mental Health Clinic, treating individuals, couples, and families with various relational and mental health concerns. Additionally, Michael has experience working with the Seminaries & Institutes of Religion program, teaching religious curriculum to teenagers across Utah County. Michael was also involved with Intermountain Healthcare's Community Outreach team, where he travelled the state of Utah performing mental health screenings. These experiences have helped Michael develop a genuine curiosity and empathy for others, as well as a better understanding of the various relational factors that can affect an individual and family's mental health.

Michael's specific areas of interest include helping couples resolve conflict and enrich their connection with one another, as well as helping individuals work through anxiety, depression, and compulsive behavior. Michael is also equipped to offer support with grief and loss, trauma, addictions, and parent-child conflicts. Michael firmly believes that people have unique gifts and strengths that can aid them in overcoming their challenges, and loves helping people feel empowered.

When Michael is not in school or in the therapy room, he loves to run, play chess, and read books. He is a self-diagnosed "The Lord of the Rings" nerd, but he also finds time to geek out on Star Wars and Marvel movies when he has the time. He also loves to play guitar and sing with friends and family. He and his wife enjoy hiking together, trying out new recipes, yard work, walleyball (different from volleyball), and playing other sports. Michael also loves wrestling and reading with his two sons.

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