

Facilitating Hope, Healing and Fulfillment



Rachel is a Licensed Clinical Social Worker (LCSW) supporting infants, children, individuals, couples and families for the past decade in both Utah and Maine, offering hope and healing. She grew up living in many different states and overseas in Italy as a result of her father's military career. Rachel attended Brigham Young University majoring in Family Science and obtained her Master's degree from The University of Southern Maine. Early in her professional career she began her training in several evidence-based models of therapy. This training and experience has included: Child and Parent Psychotherapy (CPP), Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy for Depression and Suicide, Grief Therapy, and Motivational Interviewing. Rachel has worked in an outpatient setting, school-based setting, and hospital clinic setting to support clients.

Rachel offers a wealth of support to all ages and stages of life. Rachel is experienced in treating anxiety, depression, attachment issues, and substance use. Rachel is able to help couples work through the many difficult and challenging aspects of a relationship. Rachel offers a safe place for couples to share the areas of their relationship that are a struggle while teaching techniques that can strengthen the couples' marriage. She additionally has a passion for supporting women who struggle with issues of infertility, loss, and complex trauma. Rachel is known for her deep empathy, compassion, support, openness, accountability and non-judgmental approach.

In her free time, Rachel loves spending time watching her two kids participate in their various activities, playing in the backyard with her dogs, working in the garden, and playing tennis and volleyball with her spouse. Favorite family fun times include cheering on the New England Patriots, Boston Red Sox, Boston Celtics basketball team and of course the Utah Jazz! After 18 years of marriage herself, Rachel brings a realistic view to the roller coaster ride that couples can experience and knows first-hand that hard work and a strong relationship offers the most thrilling ride through life!

What People Are Saying:

"Rachel comes with a wealth of knowledge, compassion and kindness. She helped me through one of the most difficult parts of my life. She was nothing but empathetic and supportive. Rachel was able to give me life saving tools to cope with the far reaching negative effects of trauma and for that I will be forever grateful!"