

Facilitating Hope, Healing, and Fulfillment



Nevin Alderman is a Licensed Clinical Mental Health Counselor (CMHC). Nevin Alderman is a relationship expert, and the Owner and Director of Renew Relationship Counseling, a therapeutic practice specializing in relationship-focused services. Nevin is also the founder and author of “The Renew System,” a proprietary therapeutic model that promotes healing, connection, and fulfillment for couples.

Nevin has several specialty areas, including couples therapy, family relational issues, anxiety, depression mood disorders, destructive behavior, trauma, grief, attachment, and addictions. Nevin has comprehensive training in Cognitive Behavioral Therapy (CBT), Gottman Method Couples Therapy, The Renew System For Couples, Person-Centered Therapy, Family Systems Therapy, Emotionally Focused Therapy (EFT), Motivational Interviewing, and a variety of other treatment models and interventions. Nevin has a passion for mental health and a strong belief in the capacity of those he serves.

In addition to traditional clinical and administrative work, Nevin is a content creator, public speaker, entrepreneur, and educator. Nevin has facilitated workshops and seminars for many years and regularly provides professional and business consultations. Nevin has been invited to address local, regional, and national audiences.

Nevin is blessed to be married to his best friend and cherished companion of over 22 years. Together they have two boys who bring great joy to their home and lives. Nevin's favorite pastimes are spending quality time with his family, going on adventures, playing sports, exercising, and driving just about anything with a motor and wheels!

What People Are Saying:

“I trust Nevin with those I love most. He is a talented, empathetic, knowledgeable clinician and a loving person. I worked with him for a few years and consistently experienced him navigate complex and emotional individual/family issues, mental health disorders, grief and loss, attachment, addiction, and trauma.”

“Nevin Alderman is a fantastic clinician, and I wholeheartedly recommend him. He has a gift for connecting with clients and helping them to strengthen relationships and to find their way through personal struggles.”