

Facilitating Hope, Healing and Fulfillment



Sydney Christensen graduated from Colorado Christian University with a Master of Arts degree in Clinical Mental Health Counseling with specialty training in Marriage and Family Therapy. Sydney is passionate about working with couples and families – helping them strengthen their relationships, navigate challenges, and cultivate deeper connections.

Sydney draws from a variety of therapeutic approaches to meet the unique needs of her clients, including Family and Marital Therapy, Emotionally Focused Therapy (EFT), Internal Family Systems (IFS), Narrative Therapy, Person-Centered Therapy, Cognitive Behavioral Therapy (CBT), and Gottman Method Couples Therapy. She believes in the healing power of love, acceptance, empathy, and compassion to bring about meaningful change.

Sydney values creating a safe, empathetic, and collaborative environment where individuals, couples, and families can explore their stories, heal relational wounds, and discover new ways of relating to one another. Sydney is committed to integrating evidence-based practices with genuine compassion and deep respect for each client's personal journey. Her goal is to walk alongside those she serves as they work toward restoration, growth, and meaningful change in their relationships.

Outside of her academic and clinical work, Sydney loves spending time with her husband and family, being outside and staying active. She believes in living life with intention, curiosity, and joy – values she hopes to inspire in those she works with.

What People Are Saying:

"Sydney is a listener that has helped me in so many ways. She pushes me to change and really sees my potential. Because of her I have been able to set goals in my life and move forward with strong habits and a positive outlook. Seriously one of the best."

'Sydney is kind, compassionate, and you can feel the desire she has to help others. She is understanding of each part of any situation and is a great guide for others to discover more about themselves and what feels right for them.'