

Facilitating Hope, Healing and Fulfillment



Andrew is caring, genuine, and driven mental health therapist. Andrew is a Licensed Clinical Social Worker (LCSW). He received his Bachelor's in Behavioral Science with an emphasis in Psychology at Utah Valley University (UVU). He then went on to earn his Master's in Social Work from Northern Arizona University (NAU).

Andrew enjoys facilitating therapeutic work with people of all ages. Andrew has experience working with individuals, couples, and families. He also has experience facilitating group therapy. One of Andrew's specialties is trauma work. Andrew is certified in Eye-Movement Desensitization and Reprocessing therapy (EMDR); an acclaimed modality for trauma treatment. Andrew also has training in Dialectical Behavioral Therapy (DBT); a type of therapy for people who experience intense emotions and relationship conflicts. He is also

trained in Compassion-Focused Therapy (CFT); a therapeutic model that aims to help those who struggle with shame and self-criticism. Andrew additionally used Cognitive Behavioral Therapy and Goal-Oriented Therapy to help clients take assertive steps toward identifying and implementing the best solutions for their goals. Finally, Andrew is well-versed in the Renew System for Couples.

Andrew has experience treating a variety of complex issues. These issues include depression, anxiety, addiction, trauma, grief/loss, childhood trauma, parent-child issues, marriage and relationship issues, difficult family dynamics, and a variety of other presenting issues. Andrew enjoys assisting individuals, couples and families through the troubles that they encounter.

Andrew has been described as kind, respectful, and assertive. Andrew enjoys helping others. He has a passion for assisting those that he serves to better understand the difficulties they are facing as well as effective strategies to overcome those difficulties. Andrew is warm, easy to talk to, friendly, and goal focused.

In his spare time, Andrew cherishes spending time with his wife and children. Andrew really enjoys hiking, watching movies, and playing video games. Andrew also enjoys learning and can often be found listening to a good audiobook.

What People Are Saying:

"Andrew is one of the absolute best therapists I've been to. He has such a caring compassionate safe space and makes you feel validated and a sense of understanding. He has taught me so much and helped me through many difficult moments, I've never been to one that had me leaving feeling a sense of relief and worth until him. I would definitely recommend Andrew to my family and friends."

"Andrew is truly fantastic. He is always engaged, present and thoughtful. He is always willing to help people dig deep by listening, asking thoughtful questions, and providing a space to be comfortable and safe."