

Facilitating Hope, Healing and Fulfillment



Kristianne is a Marriage and Family Therapist who is passionate about supporting individuals, couples, and families. Kristianne spent years studying principles of relational attachment and has collected a myriad of tools to assist those she serves. Kristianne received her therapeutic training through Capella University where she earned a Master's Degree in Marriage and Family Therapy. She also holds a Bachelor's Degree in Family Studies and Human Development from Utah State University.

Kristianne has a comprehensive understanding of numerous therapeutic models, including Emotion-Focused therapy (EFT), Narrative therapy, Multigenerational therapy, Collaborative therapy, and Solution-Focused therapy. She is also proficient with the Renew System for Couples. Kristianne works with clients struggling with depression, anxiety, mood disorders, marriage and family issues, parenting struggles, intimacy concerns, trauma, grief, postpartum depression, and other personal and relational concerns. In addition to her therapeutic work, Kristianne has experience teaching parenting courses, grandparenting courses, and strengthening marriage and family courses. She is expert at helping couples and families feel heard, find common ground, and come to solutions.

Kristianne loves working with people of all ages, abilities, and diverse backgrounds. She is known for her empathetic approach and her ability to create a warm, open, and respectful environment for clients. She has experience working with a diverse clientele ranging in age, race, ethnicity, gender, sexual orientation, and religion. Kristianne feels it is an honor to help people on their journey through life. She realizes that life does not always go as planned and has personal experience with what it takes to not only survive but thrive after grief, loss, postpartum depression, and even cancer.

Kristianne is happily married and is the mother of 3 wonderful children. In her free time, she likes to read, sing, play the violin, kayak and paddleboard, and work in her garden. She also loves to travel and go on adventures with her family.

What People Are Saying:

"Kristianne is wonderful! She is very understanding and open minded. She is well trained and skilled in this field and has a great desire to help others. She has a wonderful gift of helping a person to view their circumstances through a better perspective. I am completely comfortable around her."

"Kristianne is a wonderful listener! She listens well without passing judgment. She is well educated and knows about so many different things that can be helpful. You won't be disappointed if you choose to meet with Kristianne!"