

Facilitating Hope, Healing and Fulfillment



Michelle believes your behaviors would make sense if viewed within the full context of your story. But what has helped you cope with your life in the past may not be serving you well today. Healing those coping strategies works best when it can be done within safe, authentic relationships where you feel seen, heard, and valued.

Michelle earned her Master of Social Work (MSW) from Brigham Young University and works with adults, children, couples, and families navigating anxiety, depression, phobias, emotional dysregulation, relationship challenges, trauma, PTSD, and Complex PTSD, specializing in addressing childhood emotional neglect.

Michelle's passion for this work grew out of her own healing journey, as well as supporting loved ones through significant relational and mental health challenges. Those experiences deepened her compassion for the complexity of life, and her appreciation for the work and courage lasting change takes. Her approach is warm, collaborative, and experiential. You set the pace and direction of therapy while Michelle offers tools and perspectives tailored to your strengths, values, and goals. In practice, this might look like helping a child express emotion through play, guiding a couple or family toward meaningful connection, or helping an adult heal from trauma. Whatever the form, her goal is the same: helping you access your own capacity for healing, feel safer in your body, and reconnect in your relationships without being controlled by fear, shame, or old survival patterns.

Her work is grounded in the neuroscience of change. Rather than relying solely on talk therapy, Michelle integrates approaches that engage the whole person, including the mind, body, emotions, and nervous system. Her work draws from Acceptance and Commitment Therapy (ACT), Internal Family Systems (IFS), Emotionally Focused Therapy (EFT), the Gottman Method, family systems therapy, and experiential interventions. She is completing her Registered Play Therapist (RPT) certification and is certified in Accelerated Resolution Therapy (ART), an accelerated EMDR-based approach to processing distressing memories and changing the emotions connected to them. She has advanced training in sex therapy—including specialized study with Dr. Jennifer Finlayson-Fife. She is also trained to provide spirituality-sensitive care based on client preferences.

Michelle is married and the mother of three children. She enjoys spending time with her husband and kids, gardening, and viewing beautiful vistas while hiking and biking. She's an avid reader who always has a list of books waiting to be read on her Kindle.