

Facilitating Hope, Healing and Fulfillment



Janay Langford, LCSW, is passionate about providing quality mental health treatment to individuals and families using a trauma informed approach. She understands that many individual and familial setbacks often relate to attachment wounding and trauma. She engenders admiration for individuals and families who are experiencing suffering and are courageously stepping forward to create a new experience. She believes a simple act of courage is the first step to healing.

Janay studied her undergraduate degree at Utah Valley University and graduated in behavioral science with an emphasis in psychology. She later attended graduate school at the University of Utah where she obtained a Master of Social Work with an emphasis in child welfare. Throughout her educational and career experiences she discovered her deep desire to provide therapeutic support to individuals and families. She has worked with many underserved and vulnerable populations. She also has extensive experience working with teenagers and young adults. Due to her passion for supporting, individuals, families, and couples who have experienced trauma, Janay has received specialty training the facilitation of EMDR; a robust therapeutic system for supporting trauma healing and recovery.

Janay has experience treating individuals, couples, and families with a variety of conditions, including Post-Traumatic Stress Disorder (PTSD), Complex PTSD (C-PTSD), Anxiety Disorders, Depression, Attachment Concerns, Social Anxiety, Attention-Deficit/Hyperactivity Disorder (ADHD), Substance Dependence and Addiction, and experience supporting healing with a variety of other presenting concerns. Janay's primary therapeutic modalities of interest include Cognitive Behavioral Therapy (CBT), the Gottman Method for couples, Motivational Interviewing (MI), Eye Movement Desensitization and Reprocessing (EMDR), Emotion Focused Therapy (EFT), and Internal Family Systems (IFS), and the Renew System for Couples.

During her free time, Janay enjoys quality time with her husband and family. Janay loves sunshine! Some of her favorite things are sitting by a pool, volleyball, hiking, and other outdoor activities.

What People Are Saying:

"I love how friendly and understanding Janay is!"

"Excellent - 5 Stars!"