










LAURA'S LDS COUNSELORS/THERAPISTS REFERRAL LIST

(Utah Area)

**NOTE: Because of having a pretty long wait list, this referral list is to help clients find good help sooner. This is a compilation of counselors and therapists that I know at least well enough to feel comfortable recommending them for good marriage counseling, addiction counseling, intimacy/ sex therapy help, etc. especially for those who may not want to wait on my wait list. Check out the therapists here and see if you feel comfortable even just getting started with them for now. Clients may find their help to be enough, and/or as you get into deeper sexual issues, that may be where we could then pick up the therapy. ~ Laura*

PRIVATE PRACTICE / GROUP PRACTICE THERAPISTS		
	<p>Jeremy S. Boden, PhD, CFLE, AMFT <i>Provo Center for Couples and Families</i> Adr: 3507 North University Avenue, Suite 350 Provo, Utah 84604 Ph: (801) 471-9146 Email: jeremysboden@gmail.com Website: jeremyboden.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Emotionally Focused Couples Therapy • Premarital and married couples • Sexual intimacy issues within married couples
	<p>Michael Boman, LCSW <i>Wasatch Family Therapy</i> Adr: 7084 South 2300 East Suite 215 Cottonwood Heights, UT 84121 Ph: (801) 944-4555 x04 Email: michaelboman@wasatchfamilytherapy.com Website: wasatchfamilytherapy.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Marriage Counseling and Enhancement • Men's Issues • Woman's Issues • Pornography Addiction impacts • Anxiety & Depressive Disorders • Adolescents • Parenting • Children • Divorce • Self-esteem and body image issues • Spirituality • Religious issues
	<p>Laura M. Brotherson, LMFT, CST, CFLE <i>The Marital Intimacy Institute</i> Adr: 1875 N. 1120 W., Provo UT 84604 Ph: (801) 709-0253 Email: info@maritalintimacyinst.com Website: maritalintimacyinst.com Website: strengtheningmarriage.com</p> <p><i>** Secure Video Conferencing Sessions available</i></p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Couples, Individuals and Families • Marriage Prep, Counseling and Enrichment • Relationship Skill Building/ Couple Comm. • Conflict Resolution (money, sex, parenting, housework, time, etc.) • Sex Therapy (desire, arousal, climax, etc.) • Healthy Sexuality/Sex and Intimacy Issues • Anxiety and Depression • Healthy Boundaries/Reducing Codependency and Counter-dependency • Sexual Addiction and Compulsivity Recovery/ Partner's Betrayal Trauma • Infidelity • Family/Parent-Teen Relationships

	<p>Mark Chamberlain, PhD <i>Suncrest Counseling</i> Adr: 1258 South Jordan Pkwy, Ste 202 South Jordan, UT 84095 Work: (801) 255-1155; Cell: 801-564-7566 call/text Email: mark@suncrestcounseling.com Website: suncrestcounseling.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Dealing with a loved one who is addicted • Addiction Recovery • Anxiety and Depression • Marriage Counseling • Family Counseling • Parenting
	<p>Liz Hale, PhD Adr: 702 East S. Temple Street Salt Lake City, Utah Ph: (801) 520-6580 Email: drliz@ksl.com Website: drlizhale.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Marriage, Family, and Individual Therapy
	<p>Emil Harker, CST, LMFT <i>Changes Individual and Relational Therapy</i> Adr: 240 East Promontory Farmington, Utah 84025 Ph: (801) 543-2120 Email: EmilHarker@gmail.com Website: emilharker.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • CISD – Critical Incident Stress Debriefing • Divorce • Depression/anxiety • Family Conflict • Addiction • Marriage Therapy
	<p>Janice Hendrix, LCSW, CFLE <i>The Marital Intimacy Institute</i> Adr: 1875 N. 1120 W., Provo UT 84604 Ph: (801) 874-4623 Email: Janice@MaritalIntimacyInst.com Website: maritalintimacyinst.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Cognitive Behavioral Therapy (CBT) • Lifespan Integration (LI) • Emotionally Focused Therapy (EFT) • Marriage Counseling • Healthy Sexuality • Pornography Issues • Anxiety and Depression • Grief • Post-Traumatic Stress Disorder (PTSD)
	<p>Tammy Hill, LMFT <i>Marriage Clinic of Utah</i> Adr: 11075 State St, Suite 28 Sandy, Utah 84070 Ph: (801) 990-4304 Email: tammy@mcupro.com Website: marriageclinicofutah.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Infertility • Adoption • Transition to Parenthood • Dual-earner Family • Death of a Spouse • Grief • Widowhood and Single Parenting • Dating and Remarriage • Blended Family and Family Conflict Issues
	<p>Anthony Hughes, PhD, LMFT, CST <i>Covenant Sex Therapy</i> Adr: 3355 North University Ave, Suite 250 Provo, Utah 84604 Ph: (385) 312-9844 Email: anthony@covenantsextherapy.com Website: covenantsextherapy.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Sex Therapy • Sexual Addiction • Relationship issues

	<p>Ty Mansfield, PhD, LMFT, CSAT-C <i>The Marital Intimacy Institute</i> ADR: 1875 N. 1120 W., Provo UT 84604 Ph: (801) 788-4660 Email: ty@tymansfield.com Website: maritalintimacyinst.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Marriage Conflict & Distress • Marriage Preparation • Healthy Sexuality • Marital Sex and Intimacy Issues • Mixed-Orientation Marriages • Sexual Orientation/Identity Concerns • Gender Identity, Gender Dysphoria, or Transgender Concerns • Sexual-Religious Identity Conflicts • Sexual/Pornography Addiction and Compulsivity • Sexual Abuse • Spirituality-Faith Conflicts • Infidelity • Emotional Awareness and Intelligence • Anxiety and Depression • Grief, Trauma and Post-Traumatic Stress • Suicidal Ideation
	<p>Kelsey Redd, Counselor, MS, CMHC, LMT <i>Mind/Body Wellness</i> ADR: 835 W 400 N, Orem, Utah 84057 Ph: (385) 309-0830 Email: kelsey@mbwellnessutah.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Infertility & Reproductive Trauma • Grief & Loss • Women's Issues • Peri-natal Mood Disorders • Healthy Sexuality • Trauma and PTSD • Anxiety and Depression • Life Transitions • Spiritual Crises
	<p>Kevin Skinner, LMFT, CSAT, EMDR <i>Addo Recovery</i> ADR: 199 North 290 West, Suite 150 Lindon, UT 84042 Ph: (855) 229-2336 Email: kskinner@addorecovery.com Website: addorecovery.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Pornography Addiction • Betrayal Trauma • Relationship intimacy • Sex addiction
<p>OTHER LDS HELPING PROFESSIONALS</p>		
	<p>Kimberli Brown, DPT <i>Beyond Limits Physical Therapy</i> <i>Pelvic Floor Specialist</i> ADR: 13358 S. 5600 W., Herriman, UT 84096 Ph: (801) 302-7232 ADR: 3943 Pony Express Pkwy, Ste 220, Eagle Mountain, UT 84005 Ph: 801-789-7333 E-mail: kim@beyondlimitspt.com Website: beyondlimitspt.com</p>	<p>Specialties:</p> <ul style="list-style-type: none"> • Six-week postpartum physical therapy check-ups • Interstitial Cystitis/Painful bladder syndrome • Organ Prolapse • Urinary Incontinence: stress, urgency, mixed • Abdominal scar tissue pain • Diastasis recti • Pudendal neuralgia • Vulvodynia • Vestibulitis • Colorectal conditions and constipation • Post prostatectomy incontinence • Pelvic pain in men and women • Coccyx disorders



Russell Gaede, PsyD
 Court Qualified Mediator
 1429 S. 550 E.
 Orem, UT 84097
 Ph: (801) 477-0467
 Email: russellgaede@gmail.com
 Website: drrusspeaks.com

- Specialties:**
- Parent-child disputes
 - Friendships and roommates
 - Elderly care
 - Estate Planning
 - End-of-life decisions

LEGEND -- Credentials

- **LMFT = Licensed Marriage and Family Therapists**
 (Training for an LMFT is quite different than the training of a Psychiatrist, Psychologist, Social Worker, or other types of counselors. LMFTs are focused on relational systems, i.e. couples/families even when dealing with individual issues.)
- **AMFT = Associate Marriage and Family Therapist**
- **LCSW = Licensed Clinical Social Worker**
- **CFLE = Certified Family Life Educator**
- **CSAT = Certified Sex Addiction Therapist**
- **CSAT-C = Certified Sex Addiction Therapist, Candidate**
- **CST = Certified Sex Therapist**
- **EMDR = Eye Movement Desensitization and Reprocessing**
- **PhD or PsyD = Degree requiring clinical field experience and dissertations.**
- **DPT = Doctor of Physical Therapy**

Finding Additional Therapists

Below are a few additional ways you may be able to find a suitable therapist referral.

PsychologyToday.com

Index of therapists registered on Psychology Today. This is where most therapists are listed.

Step 1. Open a web browser and go to the PsychologyToday.com website (or click on the link provided)

Step 2. At the top of the page in the box next to "Find a Therapist" enter the City or Zip of your preferred location and click on the blue button with the white magnifying glass next to the search box.

Step 3. It will bring you to a list of therapists based on the location you provided. You can then continue to filter by selecting your preferences (issues, faith, treatment orientation, whether they do online therapy, etc.) on the menu bar located vertically on the left of the page

Note: The list will not only show therapists in the city/zip you provided but also in the surrounding area. (You can increase or decrease the surrounding distance by clicking on the "+" or "-" at the top of the page next to the city/zip you entered.

SHOULD YOU BE ON THIS LIST?!

If you or someone you know should be considered for **Laura's LDS Counselor Referral List**, please email that information to: asst@strengtheningmarriage.com and let us know why you think you/they would be a good fit. We hope to get people help for their intimacy issues as quickly as possible! :) Thank you!!

AMCAP (Association of Mormon Counselors and Psychotherapists)

Index of LDS therapists registered on AMCAP

Step 1. Open a web browser and go to the LDSAMCAP.com website (or click on the link provided).

Step 2. At the top of the page in the black menu bar, click on "Find a Counselor"

Step 3. In the "LDS Counselors Directory" box, enter your preferred specialty, Locale/Address and/or Name/Practice, then click the search button.

Note: If you do not find therapists based on your preferences, it may be helpful to start more general (i.e. a city/state versus a specific address), then narrow it down.

You will then be provided with therapists based on your preferences. It will also include additional therapists in the surrounding area, listing in order of closest proximity then further away in distance.

ISW/ABCST (Institute for Sexual Wholeness/American Board of Christian Sex Therapists)

Note: ISW is where Laura received most of her advanced sex therapy training. The individuals on this site will be similarly trained.

Step 1. Open a web browser and go to the abcst.sexualwholeness.com/isw-faculty/ website (or click on the link provided).

Step 2. Scroll down a little to where it says "DISCLAIMER OF LEGAL RIGHTS AND LIMITATION OF LIABILITY" in a box, and click on it.

Step 3. Read through the disclaimer then click "I understand and agree with the above. Please take me to a list of therapists."

Step 4. Choose your preferred state. A list of therapists in the selected state will be provided and you can click on a therapist's website to learn more.