






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

	<p><b>Mark Chamberlain, PhD</b>  <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: <a href="mailto:mark@suncrestcounseling.com">mark@suncrestcounseling.com</a>          Website: <a href="http://suncrestcounseling.com">suncrestcounseling.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Dealing with a loved one who is addicted</li> <li>• Addiction Recovery</li> <li>• Anxiety and Depression</li> <li>• Marriage Counseling</li> <li>• Family Counseling</li> <li>• Parenting</li> </ul>
	<p><b>Rachel Denton, LCSW</b>          Adr: 4190 S Highland Dr. Suite 108          Millcreek UT 84107          Ph: (503)-863-8281          Website:  <a href="https://www.psychologytoday.com/us/therapists/rachel-n-denton-murray-ut/931672">https://www.psychologytoday.com/us/therapists/rachel-n-denton-murray-ut/931672</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Eye Movement Desensitization and Reprocessing (EMDR)</li> <li>• Cognitive Behavioral Therapy (CBT)</li> <li>• Acceptance and Commitment Therapy (ACT)</li> <li>• Addiction (pornography)</li> <li>• Anxiety and Depression</li> <li>• Coping Skills</li> <li>• Trauma/Complex Trauma</li> <li>• PTSD</li> <li>• Divorce</li> <li>• Religious Issues</li> <li>• Parenting</li> </ul>
	<p><b>Liz Hale, PhD</b>          Adr: 702 East S. Temple Street          Salt Lake City, Utah          Ph: (801) 520-6580          Email: <a href="mailto:drliz@ksl.com">drliz@ksl.com</a>          Website: <a href="http://drlizhale.com">drlizhale.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Marriage, Family, and Individual Therapy</li> </ul>
	<p><b>Emil Harker, CST, LMFT</b>  <i>Changes Individual and Relational Therapy</i>          Adr: 240 East Promontory          Farmington, Utah 84025          Ph: (801) 543-2120          Email: <a href="mailto:EmilHarker@gmail.com">EmilHarker@gmail.com</a>          Website: <a href="http://emilharker.com">emilharker.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• CISM – Critical Incident Stress Debriefing</li> <li>• Divorce</li> <li>• Depression/anxiety</li> <li>• Family Conflict</li> <li>• Addiction</li> <li>• Marriage Therapy</li> </ul>
	<p><b>Janice Hendrix, LCSW, CFLE</b>  <i>The Marital Intimacy Institute</i>          Adr: 1875 N. 1120 W., Provo UT 84604          Ph: (801) 874-4623          Email: <a href="mailto:Janice@MaritalIntimacyInst.com">Janice@MaritalIntimacyInst.com</a>          Website: <a href="http://maritalintimacyinst.com">maritalintimacyinst.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Cognitive Behavioral Therapy (CBT)</li> <li>• Lifespan Integration (LI)</li> <li>• Emotionally Focused Therapy (EFT)</li> <li>• Marriage Counseling</li> <li>• Healthy Sexuality</li> <li>• Pornography Issues</li> <li>• Anxiety and Depression</li> <li>• Grief</li> <li>• Post-Traumatic Stress Disorder (PTSD)</li> </ul>

	<p><b>Tammy Hill, LMFT</b>  <i>Marriage Clinic of Utah</i>          Adr: 11075 State St, Suite 28          Sandy, Utah 84070          Ph: (801) 990-4304          Email: <a href="mailto:tammy@mcupro.com">tammy@mcupro.com</a>          Website: <a href="http://marriageclinicofutah.com">marriageclinicofutah.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Infertility</li> <li>• Adoption</li> <li>• Transition to Parenthood</li> <li>• Dual-earner Family</li> <li>• Death of a Spouse</li> <li>• Grief</li> <li>• Widowhood and Single Parenting</li> <li>• Dating and Remarriage</li> <li>• Blended Family and Family Conflict Issues</li> </ul>
	<p><b>Anthony Hughes, PhD, LMFT, CST</b>  <i>Covenant Sex Therapy</i>          Adr: 3355 North University Ave, Suite 250          Provo, Utah 84604          Ph: (385) 312-9844          Email: <a href="mailto:anthony@covenantsextherapy.com">anthony@covenantsextherapy.com</a>          Website: <a href="http://covenantsextherapy.com">covenantsextherapy.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Sex Therapy</li> <li>• Sexual Addiction</li> <li>• Relationship issues</li> </ul>
	<p><b>Ty Mansfield, PhD, LMFT, CSAT-C</b>  <i>The Marital Intimacy Institute</i>          Adr: 1875 N. 1120 W., Provo UT 84604          Ph: (801) 788-4660          Email: <a href="mailto:ty@tymansfield.com">ty@tymansfield.com</a>          Website: <a href="http://maritalintimacyinst.com">maritalintimacyinst.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Marriage Conflict &amp; Distress</li> <li>• Marriage Preparation</li> <li>• Healthy Sexuality</li> <li>• Marital Sex and Intimacy Issues</li> <li>• Mixed-Orientation Marriages</li> <li>• Sexual Orientation/Identity Concerns</li> <li>• Gender Identity, Gender Dysphoria, or Transgender Concerns</li> <li>• Sexual-Religious Identity Conflicts</li> <li>• Sexual/Pornography Addiction and Compulsivity</li> <li>• Sexual Abuse</li> <li>• Spirituality-Faith Conflicts</li> <li>• Infidelity</li> <li>• Emotional Awareness and Intelligence</li> <li>• Anxiety and Depression</li> <li>• Grief, Trauma and Post-Traumatic Stress</li> <li>• Suicidal Ideation</li> </ul>
	<p><b>Kelsey Redd, Counselor, MS, CMHC, LMT</b>  <i>Mind/Body Wellness</i>          Adr: 835 W 400 N, Orem, Utah 84057          Ph: (385) 309-0830          Email: <a href="mailto:kelsey@mbwellnessutah.com">kelsey@mbwellnessutah.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Infertility &amp; Reproductive Trauma</li> <li>• Grief &amp; Loss</li> <li>• Women's Issues</li> <li>• Peri-natal Mood Disorders</li> <li>• Healthy Sexuality</li> <li>• Trauma and PTSD</li> <li>• Anxiety and Depression</li> <li>• Life Transitions</li> <li>• Spiritual Crises</li> </ul>
	<p><b>Lori Cluff Schade, PhD, LMFT</b>  <i>Compassionate Connections Counseling</i>          Adr: 481 East 1000 South, Suite D          Pleasant Grove, Utah 84062          Ph: (801) 899-2559          Website: <a href="http://compassionateconnections counseling.com">compassionateconnections counseling.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Couples, individuals, families</li> <li>• Pre-marital</li> <li>• Sexual Issues</li> <li>• Betrayal Trauma</li> <li>• Infidelity</li> </ul>

	<p><b>Kevin Skinner, LMFT, CSAT, EMDR</b>  <i>Addo Recovery</i>            Adr: 199 North 290 West, Suite 150            London, UT 84042            Ph: (855) 229-2336            Email: <a href="mailto:kskinner@addorecovery.com">kskinner@addorecovery.com</a>            Website: <a href="http://addorecovery.com">addorecovery.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Pornography Addiction</li> <li>• Betrayal Trauma</li> <li>• Relationship intimacy</li> <li>• Sex addiction</li> </ul>
	<p><b>Bradford Stucki, PhD, LMFT</b>  <i>BridgeHope Family Therapy</i>            Adr: 3325 N. University Avenue Suite 275            Provo, UT 84604            Ph: (801) 477-6823            Email: <a href="mailto:bradford@bridgehopefamilytherapy.com">bradford@bridgehopefamilytherapy.com</a>            Website: <a href="http://bridgehopefamilytherapy.com">bridgehopefamilytherapy.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Adoption</li> <li>• Anxiety</li> <li>• Coping Skills</li> <li>• Depression</li> <li>• Klinefelter syndrome</li> <li>• Marital and Premarital</li> <li>• Men's Issues</li> <li>• Parenting</li> <li>• Self Esteem</li> <li>• Stress</li> <li>• EMDR</li> <li>• Trauma</li> <li>• PTSD</li> <li>• Betrayal Trauma</li> </ul>
<p><b>OTHER LDS HELPING PROFESSIONALS</b></p>		
	<p><b>Kimberli Brown, DPT</b>  <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: <a href="mailto:kim@beyondlimitspt.com">kim@beyondlimitspt.com</a>            Website: <a href="http://beyondlimitspt.com">beyondlimitspt.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Six-week postpartum physical therapy check-ups</li> <li>• Interstitial Cystitis/Painful bladder syndrome</li> <li>• Organ Prolapse</li> <li>• Urinary Incontinence: stress, urgency, mixed</li> <li>• Abdominal scar tissue pain</li> <li>• Diastasis recti</li> <li>• Pudendal neuralgia</li> <li>• Vulvodynia</li> <li>• Vestibulitis</li> <li>• Colorectal conditions and constipation</li> <li>• Post prostatectomy incontinence</li> <li>• Pelvic pain in men and women</li> <li>• Coccyx disorders</li> </ul>
	<p><b>Russell Gaede, PsyD</b>  <i>Court Qualified Mediator</i>            1429 S. 550 E.            Orem, UT 84097            Ph: (801) 477-0467            Email: <a href="mailto:russellgaede@gmail.com">russellgaede@gmail.com</a>            Website: <a href="http://drrusspeaks.com">drrusspeaks.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Parent-child disputes</li> <li>• Friendships and roommates</li> <li>• Elderly care</li> <li>• Estate Planning</li> <li>• End-of-life decisions</li> </ul>



	<p><b>Pauline Hannan</b>  <i>Beyond the V Physical Therapy</i>  <i>Womens Health Physical Therapist</i>  856 S Main St  Pleasant Grove, UT 84062  Ph: (509) 430-4616  Email: <a href="mailto:pauli@beyondthevbypauli.com">pauli@beyondthevbypauli.com</a>  @beyondthev.bypauli on Instagram  Website: <a href="http://beyondthevwomenshealth.com">beyondthevwomenshealth.com</a></p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Pelvic Floor Dysfunction</li> <li>• Painful Intercourse/Intimacy</li> <li>• Abdominal Pain</li> <li>• Hip Pain</li> <li>• Pelvic Pain</li> <li>• Constipation</li> <li>• Incontinence- Bowel or Bladder</li> <li>• Tailbone Pain</li> <li>• Pregnancy/Postpartum Issues</li> <li>• Diastasis Recti</li> <li>• Other Orthopedic Issues</li> </ul>
	<p><b>Scott P. Hoopes, MD – LDS Psychiatrist</b>  <i>Scott P. Hoopes MD &amp; Associates</i>  Adr: Now Online (Telehealth)  Ph: 208-273-1573  Website: <a href="http://www.livewellpsychiatry.com">www.livewellpsychiatry.com</a></p> <p>Licensed in ID, WA, UT, and AZ</p>	<p><b>Specialties:</b></p> <ul style="list-style-type: none"> <li>• Psychiatry -- We treat adults, adolescents and children utilizing the most current diagnostic and medication data in order to provide the most effective and simplest medication regimens possible.</li> <li>• Custom coded software to measure what's working and what's not to get our patience well even more rapidly.</li> <li>• Secure online repository for patients to access all notes in one place.</li> </ul>
	<p><b>Addo Recovery Network Partners</b>  Website: <a href="http://addorecovery.com/locations">addorecovery.com/locations</a></p>	<p><i>For people trying to find good therapists in their area that have been trained by Dr. Kevin Skinner regarding addiction and/or betrayal trauma.</i></p>
<p><b>LEGEND -- Credentials</b></p> <ul style="list-style-type: none"> <li>• <b>LMFT = Licensed Marriage and Family Therapists</b>  (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.)</li> <li>• <b>AMFT = Associate Marriage and Family Therapist</b></li> <li>• <b>LCSW = Licensed Clinical Social Worker</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>CFLE = Certified Family Life Educator</b></li> <li>• <b>CSAT = Certified Sex Addiction Therapist</b></li> <li>• <b>CSAT-C = Certified Sex Addiction Therapist, Candidate</b></li> <li>• <b>CST = Certified Sex Therapist</b></li> <li>• <b>EMDR = Eye Movement Desensitization and Reprocessing</b></li> <li>• <b>PhD or PsyD = Degree requiring clinical field experience and dissertations.</b></li> <li>• <b>DPT = Doctor of Physical Therapy</b></li> </ul>

**See next page for Finding Additional Therapists**

## 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](https://www.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: [info@strengtheningmarriage.com](mailto:info@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](https://www.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/](https://www.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.