

Facilitating Hope, Healing and Fulfillment



Michelle Hepworth is a Licensed Marriage and Family Therapist (LMFT) Michelle earned a Bachelor of Arts degree in Psychology from Brigham Young University – Hawaii. She earned a Master of Arts degree in Counseling from Dallas Baptist University. She is a licensed Marriage and Family Therapist in both Texas and Utah and has practiced professionally for over 15 years. She has worked extensively to help couples and families heal their relationships and to thrive with a renewed focus on love and connection.

Michelle’s passion is working with couples who are experiencing changing and challenging family dynamics. Some of these dynamics may include couples who are transitioning to empty nesters with adult children, couples who are working to redefine their boundaries with adolescent children, or couples working to blend families. Michelle is also highly experienced working with couples to enrich their intimacy, supporting parents who have older children, strengthening families experiencing grief associated with divorce or loss of a family member, helping teens and young adults experiencing depression, anxiety, and self-injury, and assisting victims of domestic violence. Michelle also has extensive experience facilitating an Enriching Marriage class.

Michelle is married and is a mother to six children in a blended family. She has five grandchildren. Her favorite color has always been and will forever be PURPLE. She loves to create handmade cards and other crafts. She is an avid reader and always has a book with her. Her kids tease her about having OCD (Obsessive Christmas Disorder) because it’s not only her favorite holiday, but she listens to Christmas music year-round.

What People Are Saying:

“We love Michelle and how she interacts with us during our counseling sessions!”

“Our therapist Michelle has been amazing at listening and understanding our sensitive situation and creating sessions tailored to our family’s needs.”

“Michelle loves what she does and she sincerely seeks to help those she works with find peace, healing, and a better way to safety and happiness.”