

Facilitating Hope, Healing and Fulfillment



Jamie Degelbeck is a Licensed Marriage and Family Therapist (LMFT), with a wealth of experience in dealing with a variety of issues. This experience began as Jamie worked as the Program Coordinator at a domestic violence shelter for women and children. She made a positive impact by loving, supporting and nurturing these women to improve their life circumstances. Jamie treasured her nine years at the shelter, which ignited her passion for supporting others. Jamie spent the next 11 years working with families at a renowned residential treatment center for young women; inspiring adolescents to live healthy lives while fostering healing and connection with their families. It was through this work that Jamie fell in love with family-based treatment approaches.

Jamie has experience in working with a myriad of family-based issues, including: addiction recovery, trauma, identity, parent child/family issues, eating disorders, depression, and anxiety. She is up for any challenge and is spirited, transparent, and continually challenging everyone around her to become the very best version of themselves. Growing up as the third of seven children instilled in Jamie a proclivity toward hard work and laughter, and taught her the importance of both in any family unit. Outside of work (since there is no such thing as “spare time” with two active boys), Jamie loves to garden, exercise, sew, decorate, read, and -of course- spend time with her family.

What People Are Saying:

“Jamie Degelbeck is one of the best therapists I know. She is an expert in relationships and identifying underlying issues. I would recommend her to a struggling family member or friend without hesitation.”

“Jamie is amazing! She knows how to challenge her clients while supporting them as they walk the path to genuine healing. She is a gem!! Renew has found experienced therapists who know how to work within a relationship perspective and help their clients see themselves and their partners in a loving and authentic light.”