

Facilitating Hope, Healing and Fulfillment



Leanna is originally from Oceanside, California and moved to Springville with her family in 2010. Although she misses the beach, she is proud to call Springville her home. A lot has changed since she first received a Bachelor of Arts degree in English from Brigham Young University in 2001. Leanna has professional experience in a variety of fields including teaching, musical performance, sales and entrepreneurship which ultimately led her to getting certified as a performance coach in 2020. She has a passion for helping others succeed and working through the limiting beliefs holding them back. It was this passion that led Leanna toward empowering businesswomen all over the United States. Leanna is also regularly invited as a guest speaker.

As her career progressed, Leanna became increasingly interested in supporting her clients working through all levels of trauma. This desire led to Leanna's completion of her Master of Science degree in Clinical Mental Health Counseling at Rocky Mountain University. Leanna's training and experience has focused her work on supporting children, adolescents, and adults as an integrative, somatic therapist. She believes in taking a bottom-up approach to therapy which means she considers body sensations and symptoms in connection with what the client has been through and experienced in their life.

Leanna has a great passion for learning. She has tremendous experience working with the nervous system, including nervous system regulation, polyvagal theory, the window of tolerance, and other mindfulness practices and techniques. Leanna is also proficient in many other modalities and techniques including: Neuro-linguistic Programming (NLP), Evidence-Based EFT (Emotional Freedom Technique) Tapping, EFT Tapping for Weight Loss, Intention-Based Tapping, Quantum Human Design work, Brainspotting Levels 1-2, Advanced Brainspotting for Children and Adolescents, Play Therapy techniques, Somatic Breathwork, Integrative Somatic Trauma Therapy, Eye-Movement Desensitization and Reprocessing (EMDR), and Internal Family Systems (IFS). Leanna is also a student of the Gottman Method for couples therapy and the Renew System for Couples therapy.

When Leanna is not working with clients, she enjoys spending time with her husband and children, lifting weights, going to spin class with friends, camping, hiking, traveling, cooking, singing, and attending the theatre. She also enjoys spending time with friends and family, reading, and going to the beach as often as possible! Leanna is excited to get back into playing the harp!

What People Are Saying:

"Leanna is incredible! Grateful for Leanna's expertise as a therapist and that she was able to help me with exactly what I needed."

"Leanna is one of the most intuitive counselors I have met. She is amazing!"