

## Facilitating Hope, Healing and Fulfillment



Lisette Snyder is a Licensed Clinical Social Worker (LCSW) with experience ranging from working with children and teens struggling with behavioral issues to adults dealing with a variety of mental health struggles. Lisette completed her Family Life with an emphasis in Family Studies and a minor in Japanese. Upon receiving her undergraduate degree, Lisette worked at the Heritage Community, a residential treatment center for teens, where she found how vital relationships and mental health work are in helping individuals and families grow and succeed. This led her to receive her Master of Social Work degree at Utah Valley University. Lisette has experience working in variety of settings which include residential treatment centers for youth, county mental health services for young adults on probation and adults with schizophrenia,

individual and couple's mental health counseling offered by The Church of Jesus Christ of Latter-day Saints, and outpatient counseling services for children and teens. Lisette has experience in the treatment of addiction, substance abuse, trauma, grief, couples' issues, depression, anxiety, OCD, attachment, behavioral problems in children and teens, and parent-child and family conflict. Lisette has been described as genuine, kind, understanding, and compassionate. Her relatable nature makes her easy to connect with and open up to. Lisette's focus on the importance of individual mental health and strong relationships helps instill hope and strength in her clients. In her free time, Lisette enjoys spending time with her husband and their baby, playing the piano, going on drives, playing videogames (hard to find time to do this with a baby!), learning about different cultures, and keeping up on current events.

### *What People Are Saying:*

*"Lisette is an amazing therapist!! She is a great listener and has helped me through my hard times. She is understanding and very kind with how she speaks. I definitely recommend her!"*