

## Facilitating Hope, Healing and Fulfillment



Jill is fantastic, and we are so blessed to have her on our team! Jill is originally from Los Angeles, California and has lived most of her adult life in Utah. She holds a Bachelor of Social Work degree from Utah Valley University with an emphasis on Parenting Education and Strengthening Families. Jill then obtained her Master of Social Work degree from Boston University with an emphasis in the study of trauma and violence. While at Boston University, Jill additionally conducted parenting research and was later invited to participate in specialty training by Harvard's Center on the Developing Child and Georgetown University's Center for Excellence.

With almost ten years of behavioral health experience, Jill places significant value in helping her clients discover their own passion for what is possible. She believes that through authentic connection and structured work, clients can increase their capacity for change. Jill specializes in the treatment of Relationship Issues, Trauma, Addiction, Anxiety, Depression, and OCD. Jill has additional training in Trauma-Responsive Parenting, Attachment Theory Techniques, and Polyvagal Interventions. She has formal training in Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), Exposure and Response Prevention (ERP), and Cognitive Behavioral Therapy (CBT). Jill is also trained in the Renew System for Couples. Jill has been creating and facilitating wellness workshops for many years. She loves working with children, adolescents, adults, and couples! She has a passion for learning and finds great fulfillment in lifting others.

Jill's personal life experiences add to her formal education in significant ways. Jill has traveled the world extensively and engaged in community and church volunteer endeavors, all while working hard to raise 9 children in a blended family. Jill is personally familiar with the need to attend to matters of the heart while simultaneously increasing one's capacity for serving others. Jill's goal is to help her clients live better, not just feel better!

Reading with her grandchildren is Jill's favorite past-time. She enjoys live theater, concerts, and can never get enough dancing in! Her love of learning, flower gardening, and hiking help to keep her grounded and invite her to live consistently with her values. Jill is warm, friendly, sophisticated, and such a great asset to our team!

### *What People Are Saying:*

*"She is a committed and caring therapist. She goes the extra mile to prepare for clients and does all she can to help them achieve their goals. She is positive, uplifting, and fun to work with."*