



Mental Health Services for Employees

What do we treat? We have expertise in psychotherapy, assessment and testing, and medication management for ADHD, anxiety, autism, bipolar, borderline, chronic illness, narcissism, OCD, PTSD, self-harm, stress, suicidal ideation, trauma, and other related conditions.

Who do we work with? Most of our services are available for both children and adults, both in-person in Salt Lake City and virtually. We are LGBTQ+ affirming, culturally responsive, and neurodivergent affirming. Our clinicians have worked with veterans, first responders, military personnel and their families. We provide in-person services in Salt Lake City and Colorado Springs, and virtual services in over 40 states.

What makes us different? Our clinicians specialize in complex cases, mis- or missed diagnoses, and highly customized evidence-based treatment plans. Our clinicians consult with each other on your treatment goals and progress to ensure that everything we work on is grounded in data and that we're not relying too heavily on one person's clinical judgment.

What is "evidence-based treatment"? Evidence-based treatment refers to therapy approaches that are backed by scientific research and proven to be effective in reducing symptoms and improving overall well-being.

MENTAL HEALTH SERVICES	IN-PERSON	VIRTUAL
Individual Therapy	X	X
Comprehensive Psych Evaluations	X	-
Autism and ADHD Testing	X	Adult only
Medication Management (Adult only)	X	X
DBT Program	X	X
Couples Therapy	X	X
EMDR and EMDR Intensives (Adult only)	-	X
Group Therapy	X	X
Child Therapy (ages 2-18)	X	X
Parent Coaching	X	X