



Jonathan Smith

There are many times and experiences in life that can leave us feeling stuck, confused, depressed, or anxious. These times may lead to prolonged suffering and difficulty in all areas of life. I believe in each client's ability to learn, adapt, and develop the skills and the personal insight to face life's challenges and find relief. I am committed to providing a nurturing, supportive environment so that you can learn skills to reduce stress, work through painful feelings, manage self-defeating behaviors, and live a happier and more meaningful life.

As a former law enforcement officer, I am passionate about helping current and former members of the military and first responders. I have strong desire to help about those who have experienced the death of a loved one, trauma, and abuse. I am also passionate about helping individuals, couples, children, those who are struggling due to a mental illness, or those struggling due to one many of life's challenges.

I am currently a graduate student intern completing my final year of school. I use a blend of cognitive-behavioral therapy, acceptance and commitment therapy, solution focused therapy, and trauma informed therapies.