



Peter Conder

Peter has experience treating stress related to combat, being a responder, grief and loss, neurodivergence, mood, parenting, intersectionality, academics, work, boredom, substance use, and performance. Practice areas are assessment, identity, memory care, the nervous system, daily performance, medicinal practices, spirituality, skill-building, and community connection and experiences.

As a combat veteran of Operation Iraqi Freedom and Operation Enduring Freedom with responder triage and evacuation training and experience, Peter's responsive approach thrives on trust and informed client-centered care.

Utah DOPL Approved Supervisor • Consultant • Counselor • EMDR Therapist • Skills Trainer • PhD Scholar-Practitioner in Counselor Education & Supervision (ABD)

Highlighted Modalities

Trauma-Focused CBT

- **Safety & Trauma-informed**
- **Neuro-informed**
- **Top-down Approach**
- **Mindfulness**
- **Cognitive and Narrative Processing**
- **Gradual Exposure**
- **Affective Regulation (e.g., using creativity)**

EMDR

- **Trauma-informed**
- **Neuro-informed**
- **Horizontal Approach**
- **Protocol-based**
- **Evidence-based**
- **Nationally recognized**
- **Group or Individual Format**

Relaxation

- **Trauma-informed**
- **Neuro-informed**
- **Bottom-up Approach**
- **Meditation**
- **Sound Bath**
- **Breathwork**
- **Guided Tailored Meditation**
- **Self-regulation**
- **Autogenic Exercises**
- **Art**
- **Music**

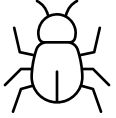
Fun Facts



Trained in jiu-jitsu in the U.S. Army.



Witnessed a live wandering camel in the desert of Iraq.



Enjoyed learning about bugs, dinosaurs, and science as a child.