

FUN FACTS

Utah DOPL Approved Supervisor • Counselor • Consultant • EMDR Provider • Counseling Skills Trainer •

Highlighted Modalities

Trauma-Focused CBT

- *Safety & Trauma-informed*
- *Neuro-informed*
- *Neuroception, Interoception, Proprioception (part of self-regulation)*
- *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*
- *Tailored Protocols*
- *Evidence-based*
- *Nationally recognized*
- *Group or Individual Format*
- *A Leading Tool In Trauma Work*

Self-Regulation

- *Trauma-informed*
- *Neuro-informed*
- *Bottom-up Approach*
- *Meditation*
- *Sound Bath*
- *Breathwork*
- *Guided Tailored Meditation*
- *Relaxation*
- *Autogenic Exercises*
- *Art*
- *Music*
- *Empowerment And More...*



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



Witnessed a live wandering camel in the desert of Iraq.



Serves as a grant writer for a local nonprofit serving the autism population.



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



Two of his adult sons lived in Africa: Kenya and Ghana.