

ADOLESCENT THERAPISTS



Brand Bonsall, MA, ACMHC

ADOLESCENT BOYS, ENTRADA



I work well with depressed, anxious, and intelligent boys who are struggling under the pressure to achieve. These boys have turned to maladaptive patterns such as substance use, self-harm, lying, and manipulating. I also work well with students who have experienced trauma

resulting from the death of a parent, personal injury, or abuse. I believe in using the wilderness to examine how behaviors relate to a student's underlying values. I use a strength-based, mindful approach, which helps students identify their values and develop a deeper sense of self. My love for playing as hard as I work is often a relatable attribute with my students.

Trina Grater, MA, ACMHC

ADOLESCENT GIRLS, ENTRADA



I work well with students who present as bright and manipulative and typically show signs of low self-worth, past trauma, addictive behavior (substance/processes), and attachment issues. My students tend to have lost a sense of self, which manifests in a variety of problematic behaviors.

I also work well with families from a variety of populations and cultures. I am known for my authenticity and for holding students accountable while balancing their self-discovery. I enjoy incorporating a range of expressive arts into my clinical work, and I tap in to how the body stores trauma through these expressive art modalities.

Matt Hoag, Ph.D. in Clinical Psychology

OWNER, CLINICAL DIRECTOR, THERAPIST | ADOLESCENT BOYS, ENTRADA



I work well with clinically complex adolescent boys who present with a mix of issues including, depression, anxiety, attachment, ADHD, trauma, NLD, learning differences, defiance, and substance abuse. I approach my students' trauma work

through a narrative and process-oriented manner, assisting them in taking incremental steps towards dealing with their trauma. I also work well with bright but underachieving boys who are more internalizing rather than externalizing in the expression of their struggles. I am also known for working with families with challenging dynamics.



finding hope in the wilderness

ADOLESCENT THERAPISTS

J Huffine, Ph.D. in Clinical Psychology

CLINICAL DIRECTOR & THERAPIST | ADOLESCENT BOYS, CASCADES



I work well with adolescent boys who may be a little quirky, are frequently highly intelligent, and who may be lacking social skills. My students commonly have significant depression and anxiety, as well as learning/processing difficulties and

ADHD. Additionally, many have issues with addiction to or overuse of electronics. I am effective at working with those who may have lost (or never had) belief in themselves. Many have experienced trauma in the form of social rejection and bullying related to these differences. I am able to use the power of wilderness to help them develop resilience, find hope, and achieve success.

Mike Mein, M.Ed., CMHC, NCC

ADOLESCENT BOYS, ENTRADA



I work well with impulsive, defiant, and substance using boys. I am also experienced in, and have a passion for working with the LGBTQ community. I work from the model that my students' conspicuous behaviors tend to camouflage deeper issues often related to identity

development, self-esteem, trauma, and difficulty with peer/family relationships. I describe this process as "tracing the defenses to find the wounds." I am known for my high energy, creativity and ability to build rapport even with the most hard-to-reach students. I tend to see many students who have often been turned off by more traditional approaches to treatment.

Jenna Pacelli, MA, AMFT, CHHC, RYT

ADOLESCENT GIRLS, YOUNG ADULTS OF MIXED GENDER, ENTRADA



I work well with clinically complex adolescents and young adults who have a history of acute or long-term trauma, PTSD, depression, anxiety, grief, and difficulties with attachment. I work with trauma resolution by helping facilitate positive changes in the physiological

states of depression and anxiety. My clients tend to be bright, strong-willed, and big-hearted. They often feel overwhelmed and shut down due to difficult life events or family dynamics. I weave somatic experiencing, family systems, mindfulness and my holistic health coaching background into my relational and transpersonal approach to therapy.

Judith Sadora, MA, MFT-I, CADC-I

ADOLESCENT BOYS, CASCADES



I work well with students with anxiety, depression, trauma, substance abuse, co-dependency, and attachment issues. I help find strengths that each individual and family possess and build on these strengths to help families create new patterns of success. I work to create change and build

healthy perspectives and attachments in teens that strengthen family and relationships. It is important to me that I identify cultural differences and contextual factors in individuals and provide counseling for multicultural and diverse populations of adolescents and families. I am a strong advocate of 12-step recovery and use a combination of CBT, Trans-generational, Existential, and Narrative interventions.

Birgit Show, M.Ed., BBS, LPCI

ADOLESCENT BOYS, CASCADES



I work well with students who struggle with building healthy connections and those who have adoption, attachment and body image issues. My students often underachieve academically, socially, or turn to substances for self-medication. They tend to act inward, while experiencing

a deep sense of shame and inadequacy, or act outward with anger and defiance. My approach focuses on healing past trauma through finding their sense of self. I approach my students' trauma narratively, helping them rediscover their *Urvertrauen*, which is translated from German as an ancient and foundational trust of one's self at the core of their being.

YOUNG ADULT THERAPISTS

Michael Griffin, LPC, CADC III

YOUNG ADULT MEN, CASCADES



I work well with addictive disorders, co-dependency and dual-diagnosis/co-occurring mental health disorders (Anxiety, Depression, ADHD, Trauma, etc.) As a trained clinician I utilize CBT, DBT and experiential therapies, which provides me

with clinical insight and direction. As a 12-step specialist and advocate, coupled with my personal 12-Step recovery journey, I'm able to connect in a very genuine and personal way. I believe it's integral to help my clients evaluate their own emotional landscape and challenge the past stories they tell themselves to help them increase their emotional literacy.

Lauren Roberts, MS, LPC

YOUNG ADULTS OF MIXED GENDER, CASCADES



I work well with young adults struggling with trauma, anxiety, depression, low self-worth or the transition into adulthood. I have a highly relational, insight-oriented approach, which brings compassion and warmth into my work. I use a combination

of existential therapy, CBT, DBT, and I'm a certified EMDR specialist in treating trauma. I utilize psychological exposure and cognitive behavioral therapy with grounding and centering techniques. I maintain a mind-body approach and am committed to the practice of yoga and mindfulness.

YOUNG ADULT THERAPISTS

John Tobias, MS, CMHC

YOUNG ADULT MEN, ENTRADA



I work well with clients with anxiety, depression, ADHD, trauma, and substance abuse. Many of my clients are "stuck" in their trauma histories. I help my clients create a more flexible relationship with their past experiences, helping them find greater motivation and positivity

in their lives. My clients tend to be intelligent internalizers who respond well to my empowering, relational style. My strength-based approach creates dynamic therapeutic relationships with my clients. I integrate Acceptance and Commitment Therapy with Growth Mindset interventions to help foster lasting psychological resilience. I am also EMDR trained and a Certified Clinical Trauma Professional.



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