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Dear Parents,

Trying to navigate change can be hard. For some, asking for help to navigate change can be harder. As a therapist I see my role in the change process as a guide. I am not a magician with a bag of tricks. I help guide individuals through territory that may or may not be uncharted. Together we create the itinerary.

My primary focus for working with young adults and older adolescents, ages 15-19, is to foster an environment that promotes mutual trust and accountability. I believe this is a crucial ingredient to the health of their current and future relationships. I also strive to help young people gain confidence in the understanding and expression of personal emotion. Just like learning a new sport or skill, learning to be healthy and well-adjusted takes patience and practice, much of which can be done in a therapeutic setting.

The training I have gained over the years has given me the opportunity to fulfill many passions that feel innate. Some of these include learning to integrate traumatic experiences into life and letting go of the pain that may be associated with these experiences (trauma recovery), achieving a positive identity as a gay, lesbian, bisexual or transgender youth, gaining a positive body image and learning to have a healthy relationship with food and learning to navigate relationships with a positive sense of self and appropriate boundaries.

When I am not teaching or doing therapy I spend time rejuvenating. I enjoy running, reading, laughing, spending time with my family, music, and eating good food.

I hope to have the opportunity to speak with you and spend some time determining a potential fit for helping your child become a healthy, emerging adult.

Respectfully,

Jennifer Hedrick, MS, LCMHC