

It was during my freshman year at BYU that I first experienced the healing power of therapy and realized I wanted to help guide others through that process as a therapist. Like therapy itself, my experience getting my Master of Social Work degree at BYU was a beautiful, challenging, messy, rewarding experience. I learned so much about how to be a therapist– from understanding research, to applying theories, to implementing interventions– but my biggest takeaway was that the true healing power of therapy comes in the form of connection; not only connection between myself and my client, but to the Savior and His guiding light. This knowledge allows me to share the beacon of light within me with those I have the opportunity to engage with as their therapist. I view the act of sharing this light as an ongoing chain reaction: as I continue to connect with the Light of Christ, my unique beacon of light shines brighter, which can help my clients connect with their own light. As their light grows stronger, it continues to spread to those around them, thus impacting not only the community, but, to some degree, the world.