



**Annie Hamilton, MSW, CSW**

Hi there, I'm Annie.

Many of us go through life with a picture of what our life is going to be like. We hold all of our dreams close to our hearts. Unfortunately, life often presents us with situations we didn't plan on, infertility being just one of those situations. Infertility leaves many individuals feeling hopeless, lonely, stressed, anxious, and completely heartbroken that the road to their dreams has become blocked.

When I struggled with infertility, I was lucky enough to have emotional and social support to get me through it, but I know this is rare. After going through my own journey, I knew I wanted to help others struggling with infertility. I have a son through IVF and understand the ups and downs of the infertility journey, and as a licensed therapist I know how important having support can be.

I received my bachelor's degree in Human Development and Family Studies from the University of Utah and a Masters of Social Work from Utah State University. Most of my previous work was through the school system. I worked for Salt Lake City School District as a Parent Educator and then interned as a School Social Worker for Murray City School District. I began working as a counselor for UIRC as a Masters of Social Work Intern and was officially hired on after I graduated.

As a counselor, I love helping my clients find new coping skills to help them manage their negative feelings surrounding infertility. I do this through Cognitive Behavioral Therapy,

Dialectical Behavior Therapy and Solution Focused Therapy. I have training in Trauma Focused Cognitive Behavioral Therapy and training working with families and couples. My experience as a Parent Educator gave me the opportunity to work within a family system and help them function at their best. Going through infertility puts strain on many different relationships and I enjoy educating my clients on how they can maintain positive relationships with others while on their journey.

If you are interested in scheduling a session with me, fill out the appointment request form. I look forward to meeting you!



