



**Kelsey Redd, CMHC, LMT**

Hello, my name is Kelsey. Through my own years of struggling with infertility, I felt lost, confused, angry, and depressed. I often wished I could talk to someone who really understood what infertility is like and could guide me through these struggles. Since then, it became my goal to provide that help and guidance for individuals and couples dealing with infertility. I hope to provide support through the grief, depression, anxiety, and trauma that so often accompany infertility.

Infertility affects every aspect of your life, from work to social life, from self-worth to sex life. I utilize Mind/Body, Mindfulness, and Trauma-Focused Cognitive Behavioral Therapy techniques to address each of these areas. Additionally, I have Level 1 training in the Gottman Method of Couples Therapy and feel that treating couples is critical to getting through your infertility journey with a stronger marriage! I received my Bachelor's Degree in Marriage and Family Studies from Brigham Young University - Idaho, and went on to get my Master's Degree in Professional Counseling from Grand Canyon University. I am also a Licensed Massage Therapist, because I feel it is important to treat the whole person, mind, body, and spirit. Aside from my work with UIRC, I work as a therapist at a substance abuse treatment center, where I focus on addictions, trauma, and teaching mindfulness techniques.

Although I do not have any children, I have learned to accept and love my life the way it is, and my husband and I find joy in traveling, training for triathlons, and playing with our nephews. I am passionate about helping individuals who are in the depths of their struggles, to find joy and light even along their journey with infertility. Please contact me at [kelsey@uirc.info](mailto:kelsey@uirc.info), or fill out the form on the website to set up an appointment.