



McKenzie Nino, MSW, LCSW

Hello - My name is McKenzie. I understand that dealing with infertility may be the most difficult and stressful experience a person may go through. If you have suffered with infertility you know firsthand that it affects every aspect of your life, from your career, social life, family relationships, emotional well being, spirituality, and physical health. You may have felt grief, heartache, isolation, depression, anxiety and resentment. I am passionate about supporting individuals and couples through their journey and helping them feel understood and validated.

I completed a Bachelor's Degree in Psychology from Brigham Young University and then went on to receive a Master's in Social Work from the University of Utah. I am a Licensed Clinical Social Worker and have both personal and clinical experience dealing with infertility and the pain that it causes. In addition to my work at UIRC, I have a small private practice in Salt Lake City, where I work with both children and adults, most of whom have suffered trauma. My interests include PTSD/trauma, child sexual abuse, domestic violence, and infertility, as well as family therapy. I am fluent in Spanish and enjoy working with clients from diverse backgrounds. I am trained in Trauma-Focused Cognitive Behavioral Therapy and enjoy using this model in my practice. I believe that infertility leaves its own unique trauma that is relived over and over during treatment, loss, invasive procedures, and watching others become pregnant. I teach coping skills and mind/body techniques to reduce the distress caused by infertility.

I became a mother after years of struggling with infertility and undergoing many treatments to get pregnant, including three attempts at In Vitro Fertilization. I have twin girls as a result of my last round of IVF. I became interested in helping others through their infertility journey after resolving my own struggle to become a mother, because I want others to know that they are not alone. In my free time I enjoy yoga, the outdoors, and spending time with my husband, daughters and two dogs.