

# Suhad Saadeh, MSW, LMSW, CSW



Holistic Health, Trauma Informed:

Yoga

CBT

DBT

Brainspotting

EFFT

Sand Tray and Expressive Arts

Addictions, Depression, Anxiety, Identity, Trauma

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[LinkedIn URL](#) ▪ Cedar City, UT

Dear MSPA Students and Families,

I believe in remaining a student in the field practice of whole health solutions to mental health problems and utilizing every tool as a resource to present to you and your family as you walk out of some long struggles and onto a path forward toward individual and family goals.

As a recent transplant from South Carolina by way of Miami, Florida and historical roots from Palestine, I have devoted my entire life to remaining curious about the human condition, a unifying solution for internal and collective peace, absolute health, and a common language between cultures and religions. During our work together, I will remain fascinatingly curious about how my role may best serve the needs of you and your family as you work towards your next steps in education, career, travel, and newfound ways of participating in relationships and community.

I am a beginner at skiing and snowboarding, usually carry around a basketball and football, love to incorporate mindful painting/eating/cloud gazing into a session, and feel at ease working in an office setting for sessions or meeting out in the community for experiential modalities.

Please reach out if you have any questions or would like to set up a meet at (843) 751-3142 or via email at [su@theunionhealthproject.org](mailto:su@theunionhealthproject.org).

Suhad Saadeh, MSW, LMSW, CSW