

Dear Parents and Student,

I can only imagine the journey that you and your family have been on to this point to reach Mountain Springs. I'm sure there are some feelings of excitement for this next step and some disappointment that this step is necessary--with a little hope mixed in for good measure! In my years of working with families in residential treatment every journey is different and challenging in its own way and I look forward to hearing about yours.

Here are a few things to consider in getting to know me and my style. I understand the importance of the relationship in the therapeutic process, there has to be trust and a feeling of being genuinely cared for. Now, don't get me wrong. I know full well that there will be times that one or all of you will say "I hate her!" If that doesn't happen at least once then I'm not doing my job. I want my clients to know that I care for them and am willing to help them in any way I can, and that includes challenging unhelpful patterns and holding consistent and firm boundaries.

I am familiar with many different types of clinical approaches and love to build off of what has worked. I'm sure that you and your family are therapy tired. You've been there, done that, and have several t-shirts to show for it! I try to be creative and help families experience change not just talk about it. I'm open to feedback and being collaborative, and if what I'm doing is not working I will be the first person to admit it.

I love helping individuals and families heal from trauma--and for the majority of parents that have not slept during their child's first visit home--yes, that's trauma! I enjoy empowering families and individuals to figure out how to work through the struggles, because they are still going to happen. Mistakes, lapses and brain-fall-out moments are going to happen--now and in the future. Having the tools on how to handle those moments, that's key to long term success.

I've worked with teenagers in residential treatment settings for over a decade, most of them coming from wilderness-type programs. I was also the transition director for several years helping families adjust at home, I still occasionally get calls from my alumni families asking for advice or support on different challenges that pop up. There isn't much I haven't heard or helped a family through.

Sometimes I get asked what my specialty is, I think the simplest response is helping families heal. The details differ but the goal is the same.

Please let me know if you have any questions. I can be reached at allison@cedarfamilysolutions.com or (435) 708-1907.

Thanks!

Allison Reub, LMFT



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EDUCATION

Master of Science, *Utah State University, Logan, Utah* August 2007
Marriage and Family Therapy, AAMFT Accredited Program
Thesis: Characteristics of helping relationships for emotional distress: Older adults' perspectives.

Bachelor of Science, *Utah State University, Logan, Utah* May 2003
Family and Human Development, Chemistry Minor
2003 Department Valedictorian
Summa cum laude, Dean's List, Full Tuition Presidential Scholarship

SPECIALIZED TRAINING

Nedley Health Solutions Depression & Anxiety Recovery Program, Associate Director 2020
RYT Yoga Certification, 200 hours 2018
AAMFT Fundamentals of Supervision, MFT Supervisor--UT 2017
EMDR, *Emdria, Level II trained* 2015
Sand Tray, *Level II trained* 2012

RELATED EXPERIENCE

Owner & Therapist, *Cedar Family Solutions, Cedar City, UT* Jan 2020-Present

- Specializing in creative/experiential approaches to therapy
- Preferred models of therapy include, Emotional Focused Therapy, Solution Focused, EMDR, CBT, DBT, Structural Family Therapy, Experiential approaches, Internal Family Systems, Narrative
- Extensive Sand Tray room
- Offering family, individual and group therapy

Therapist, *Monuments RTC, Parowan, UT* July 2018-July 2020

- Built clinical program for start-up residential program with clinical team
- Wrote and presented clinical based trainings for staff and clinicians
- Designed, planned, and organized multi-day therapeutic workshops for families
- Provided individual, family and group therapy for male adolescents

Senior Clinical Director, *New Haven RTC, Saratoga Springs, UT* June 2017-June 2018

- Supervised Clinical Directors over their individual therapeutic communities
- Provided group and individual supervision for associate therapists
- Worked closely with Executive Clinical Director on ethical and admission procedures

Transition Director, *New Haven RTC, Saratoga Springs, UT* Jan 2016-June 2018

- Established processes, trainings, and procedures for providing in-home services
- Managed paperwork and budgeting for a team of 24 clinicians
- Participated on the board of New Haven's Alumni Association
- Marketed and ran parent support groups for alumni parents

Clinical Director, *New Haven Residential Treatment Center, Saratoga Springs, UT* Jan 2014- June 2018

- Supervised clinical department and multidisciplinary treatment team
- Planned and executed multi-day, therapeutically intensive family weekends
- Facilitated individual, group and family sessions

Therapist, *Outlooks Counseling, Sandy, UT* Jan 2013-June 2014

- Specialized in working with adolescent and young adult women.
- Provided outpatient therapy

Primary Therapist, *New Haven Residential Treatment Center, Saratoga Springs, UT* June 2008-2014

- Managed and directed the long term treatment for 6 families with their teen daughter in residential care
- Conducted 90 minutes family and individual sessions for the families each week
- Facilitated group therapy sessions around the topics of recovery, identity, and worth.
- Collaborated with a treatment team incorporating educational, medical, residential, and therapeutic elements

Therapist, *LDS Family Services, Ogden, UT & San Jose, CA* May 2006-May 2008

- Collaborated with clients to develop treatment goals thus limiting sessions to 12 or fewer
- Consulted weekly with MFT Supervisor and LCSW Supervisor creating interdisciplinary perspective

Therapist, *Technology Assisted Interventions, Logan, UT* Aug 2006-Apr 2007

- Implemented cognitive behavioral interventions via video conference technology with depressed women in rural Utah
- Significantly reduced depressive symptoms per formal assessment within 10 sessions

Group Co-Therapist, *Family Institute of Northern Utah, Logan, UT* Jan 2007-Apr 2007

- Facilitated psychotherapy groups with female perpetrators of domestic violence
- Worked closely with co-therapist to maintain focus and accomplish group goals

Group Facilitator, *The Sharing Place, Salt Lake City, UT* Nov 2004-Jun 2005

- Led grief support group for parents with children in grief counseling.
- Assisted in planning therapeutic activities for pre-teen grief group

Volunteer, *Bear River House, Logan, UT* Jan 2003-May 2003

- Motivated individuals with chronic mental illness to participate in work related activities
- Maintained case notes and goals as required by the mental health department

PRESENTATION HISTORY

- Allison Rencher, LMFT: *The Unspoken Mental Virus: Understanding Trauma's Effect on the Brain & Behavior*. Trauma and Resiliency: A Family Matters Conference. Southern Utah University, November 2020
- Allison Rencher, LMFT: *Eating Disorders in the Family System: Understanding and Changing the Rules of the Game*. The Multi-Service Eating Disorders Association 23rd Annual Conference; Boston/Newton, Massachusetts, March 16-17, 2018.
- Allison Rencher, LMFT & Brian McElligott, LMFT: *All Roads Lead to Rome: An Exercise in Equifinality*. 2018 NATSAP National Conference; Tampa Florida, January 31-February 2, 2018.
- Allison Rencher, LMFT & Matt Bartlett, LMFT: *Eating Disorders in the Family System: Understanding and Changing the Rules of the Game*. 2018 NATSAP National Conference; Tampa Florida, January 31-February 2, 2018.
- Allison Rencher, LMFT & Brian McElligott, LMFT: *All Roads Lead to Rome: An Exercise in Equifinality*. 2017 NATSAP Utah Regional Conference; June 2, 2017.
- Allison Rencher, LMFT & Brian McElligott, LMFT: *It's All About the Systems*. 2016 NATSAP Utah Regional Conference; June 3, 2016.
- Allison Rencher, LMFT & Brian McElligott, LMFT: *It's All About the Systems*. 2017 NATSAP National Conference; Tucson Arizona, January 25-27, 2017.