

My name is Kyle Peterson, a native of Cedar City and grew up hiking some of the most beautiful country in the world. I have been providing counseling and psychological services for over 11 years and have specialties in trauma-focused and attachment-related therapy. My primary approach to therapy stems from a person-centered approach with foundations in Cognitive Behavioral Therapy and Existentialism. I am certified to provide Eye Movement Desensitization and Reprocessing (EMDR), Accelerated Resolution Therapy (ART), Brainspotting therapy, Sand Tray therapy, and am working towards certification in Internal Family System (IFS) therapy. I enjoy activities including hiking, biking, playing the piano, spending time with my wife and children, and am constantly on the lookout for learning opportunities in any area of my life. Listening to others is a supportive way that helps develop important life skills brings the kind of satisfaction to my life that is difficult to describe with words and I experience great fulfillment in working alongside clients to improve life satisfaction and solve difficult problems by thinking outside the box.