

Dear Parents and Students,

Welcome to Mountain Springs Preparatory Academy and Cedar City! I am grateful and appreciative of the trust you place in choosing a therapist. I welcome questions, thoughts, and concerns about how I can best help you. I look forward to the relationship we will build through this journey. I believe my strengths are rooted in compassion and connection, both of which are the foundation for the nurturing environment I create with my clients. My experience and expertise have led me to efficiently and effectively identify patterns which often cause barriers in relationships. I believe in being direct with clients, challenging them when needed, and also at maintaining a deep level of empathy and support for those with whom I work with. My sense of humor and love for my work are what drive me to successfully partner with clients to achieve their goals and bring families closer together. I work with the client to create a safe environment, which leads to positive change and long-lasting relationships.

I am a Licensed Clinical Mental Health Counselor. I received my Master's in Mental Health Counseling from the University of Phoenix. I have been working with adolescents, parents, and families in therapeutic settings since 2008. I have worked as a Clinical Director, Associate Clinical Director and Primary Therapist in residential treatment programs. I have training in Radically Open Dialectical Behavior Therapy (RO-DBT) and Brainspotting. My experience with adolescents has been with mood disorders, attachment, trauma, family systems, and Autism Spectrum Disorder

I look forward to meeting you and working together.

Sincerely,

Rashell Stubbs, LCMHC

