

JENNIFER L. HEDRICK, MS, LCMHC

351 W University Blvd • Cedar City, Utah 84720 • 435-590-2516

COUNSELING

My counseling experience has primarily been with young adults and older adolescents (ages 15-19) I am interested in the identity development of young people and therefore have gained significant experience in trauma recovery, eating disorders, process addiction, LGBTQ issues and family of origin. In regard to healthy development, this time frame is crucial to the formation of a secure and positive identity. I focus on individual client needs and use the therapeutic alliance to foster an environment of mutual trust and accountability. I use a variety of treatment modalities including group, individual, assessment, family, psycho-education, insight work and psychodrama. Therapeutic homework can also extend the walls of therapy beyond a weekly session.

EMPLOYMENT

COUNSELING AND PSYCHOLOGICAL SERVICES <i>Southern Utah University</i>	YEARS EMPLOYED (2006- PRESENT)
LECTURER OF PSYCHOLOGY/ADVISOR <i>Southern Utah University</i>	YEARS EMPLOYED (1994-PRESENT)
PRIVATE PRACTICE	2007-CURRENT

Cedar City, UT

EDUCATION

BS IN PSYCHOLOGY <i>Southern Utah University</i>	YEARS ATTENDED (1989-1994)
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Cedar City, Utah

MS IN PSYCHOLOGY <i>Utah State University</i>	YEARS ATTENDED (1997-2000) <i>Logan, Utah</i>
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*Licensed Clinical Mental Health Counselor
License # 6121417-6004*

COURSES TAUGHT/PROFESSIONAL ACTIVITIES AND AFFILIATIONS

- General Psychology
- Life-Span Human Development
- Models, Methods and Professional Issues (Team)

- Human Sexuality
- Human Relations and Group Dynamics
- Introduction to Counseling and Psychotherapy
- Member-Utah Mental Health Counselors Association
- Member- Rocky Mountain Psychological Association
- Member-American Group Psychotherapy Association
- Member-SUU Judiciary Committee
- *Methods, Models and Professional Issues: Laying a foundation for undergraduate psychology majors.* Rocky Mountain Psychological Association. Tucson, Arizona. April 2000-Paper co-authored with Dr. Oakley Gordon, Dr. Steve Barney, Dr. John Ault, and Dr. Les Jones
- Adjunct Faculty-Prescott College
- Group Facilitator for Private Practice
- Group Facilitator for SUU Counseling and Psychological Services