

# John C. Buckner

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Dear Parent(s) or Guardian(s) of Mountain Springs,

My name is John, and I started work in the residential treatment field in 2006 in an entry-level position while going to college. Since then I have worked in many different capacities in the field.

I've worked as a line staff, a milieu director, a primary therapist, a wilderness therapist, and even as an advisor at Mountain Springs Preparatory Academy (MSPA). I worked for MSPA for nearly 7 years finishing as the their head advisor, before transitioning to be one of their community therapists.

As a result of my experiences in different roles, I have a holistic perspective of the residential treatment process. Besides the fact that this experience makes me unique, it also allows me to work effectively with MSPA's staff and my fellow advisors to provide the best services for you and your child. Furthermore, I am one of the only therapists who will regularly show up in person to MSPA's school board meetings when it comes time for your child's monthly review.

Although I've worked with many issues related to adolescence and young adults in treatment, I specialize in working with individuals with trauma (both big and small traumas), depression, anxiety, and electronic addictions.

I am certified, experienced, or trained in the following therapy models:

**DBT (Dialectical Behavioral Therapy)**  
**EMDR (Eye Movement Desensitization and Reprocessing)**  
**CBT (Cognitive Behavioral Therapy)**  
**Most models of family therapy**  
**Positive Psychology**

I have owned and am operating my own private practice here in Cedar City since 2016.

Now, just a little bit about me. I grew up in Colorado Springs and I still call it home to this day. When I am not working, I enjoy spending time with my wife and kids. I love traveling. I love to read books, I enjoy CrossFit, mountain biking, and just being in the outdoors. One of my favorite things about living in Southern Utah is living so close to so many national parks.

I look forward to talking to you, and would be willing to answer any of your questions. Feel free to reach out to me at (435) 592-6406 or email me at [JohnCurtisBuckner@gmail.com](mailto:JohnCurtisBuckner@gmail.com)

Thanks,

John C. Buckner, LMFT

