



## Shawna Henry, LMFT

Girls' Campus Therapist

# Meet Shawna Henry, LMFT— West Ridge Academy Girls' Campus Therapist.

Mother Teresa said, "The miracle is not that we do this work, but that we are happy to do it." Working in Social Services has always been Shawna's goal and passion—it is truly something she is happy to do.

Shawna earned her graduate degree in Marriage and Family Therapy. She received her Bachelors in Human Development from BYU, became a certified mediator while going through the Paralegal program at UVU and received both basic training as well as Marriage Mediation Certification. Her graduate work was done at Argosy University. She has training in *Hold Me Tight* Couples Therapy, EFT group therapy and is trained in Lifespan Integration as well as the Gottman method. She has special interest in women's issues and has focused much of her research on the importance of relationships specific to women and families and is developing a 12-week group program called *Discover Your Empowered Self*.

Shawna has worked with clients with a range of other issues including substance abuse, and self-esteem and behavioral issues as well as mental disorders. She has especially been interested in and treated clients with trauma and attachment issues. Her main focus at West Ridge Academy is to help young women work through their core issues, become active, positive members of society, and strengthen and repair family relationships. She brings to therapy not only her education, but also her life experience. She chose to get her graduate degree in the MFT program because she believes in systems and that all relationships in our lives play an integral role in how we handle situations and progress in life. As a Marriage and Family Therapist, Shawna is dedicated to helping families.

Shawna is most proud of being a mom to a wonderful son. He has helped remind her of the power of positive thinking and endurance, but mostly has helped her laugh through hard times and learn to persevere together. In her spare time, Shawna enjoys spending time with family and friends, being outdoors and relaxing. She's recently been trying to spend more time coloring and reading. Finding time to slow down is important. Her favorite place to be is at the ocean and she goes every chance she gets. For Shawna, the ocean is a place to center herself and find peace.