

Susan Bollow, LCSW: Guiding Holistic Healing in Millcreek, Utah

Providing Transformative Therapeutic Care at Soma Sage & Soul



New York City, New York Aug 11, 2025 ([IssueWire.com](https://www.issuewire.com)) - Susan Bollow, LCSW, a distinguished Holistic Psychotherapist, Trauma and Relational Specialist, Integration Counselor, Breathwork Facilitator, Mindfulness Teacher, and Continuum Practitioner, proudly announces her practice at Soma Sage & Soul, a holistic wellness collective dedicated to guiding clients on their journey to healing and self-discovery. With almost 20 years of experience in holistic mental, behavioral, and relational health, Susan is committed to helping individuals and couples return to their authentic selves while navigating life's challenges.

Susan received her Master of Clinical Social Work from the University of Utah in 2008. Since then, she has cultivated a rich skill set that allows her to create an empowering environment for her clients. Whether addressing trauma, anxiety, depression, self-destructive thoughts or behaviors, or relationship issues, Susan's approach is centered on attuning to the unique needs of each individual.

"My goal is to provide a comforting and nonjudgmental atmosphere where clients can express themselves freely," says Susan. "I believe in the power of personalized care and strive to tailor my therapeutic approach to meet the specific needs of each client."

At Soma Sage & Soul, Susan combines various therapeutic techniques, including cognitive and behavioral methods, mindfulness practices, and emotion-focused strategies. She is trained in EMDR (Eye Movement Desensitization and Reprocessing), Mindfulness-Based Stress Reduction, Acceptance and Commitment Therapy, and the Gottman Method for Couples Therapy, as well as Lifespan Integration. She is also training to become a This diverse toolkit allows her to address a wide range of issues, from emotional distress to relational conflicts.

Moreover, Susan understands the interconnectedness of mental and physical health. Her holistic approach may include exploring nutrition, environmental influences, communication challenges, and behavioral patterns alongside psychological well-being and trauma recovery. By integrating these aspects and emphasizing mindfulness practices in daily living, she empowers her clients to achieve a balanced and fulfilling life.

Soma Sage & Soul is not just a therapy practice; it is a sanctuary for healing and growth. Susan Bollow invites those seeking a transformative therapeutic experience to explore the holistic options available at her practice.

Learn More about Dr. Susan Bollow:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83148025-Susan-Bollow-Counselor-Therapist> or through Soma Sage & Soul, <https://somasageandsoul.com/the-team/> or <https://soullogiccounseling.com>

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Source : Dr. Susan Bollow

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