

Christopher Brooks Fletcher, LCSW, MSW, CCTP-II, C-DBT, Launches Sol Healing and Wellness for Holistic Mental Health

**Combining Expertise and Compassion to Help Individuals Heal from Trauma, Grief, and
Mental Health Challenges**



Millcreek, Utah Nov 3, 2025 ([IssueWire.com](https://www.issuewire.com)) - Christopher Brooks Fletcher, LCSW, MSW, CCTP-II, C-DBT, a dedicated and experienced Licensed Clinical Social Worker, proudly announces the launch of his new online therapy practice, Sol Healing and Wellness, based in Utah. With a deep commitment to mental health and personal growth, Christopher specializes in addressing trauma, suicide/self-harm, depression/bipolar disorder, and grief, utilizing a variety of evidence-based therapeutic modalities.

With a robust background in social work and mental health, Christopher brings a wealth of knowledge and experience to his practice. He emphasizes the importance of the therapeutic relationship as the cornerstone of healing, stating, "I love working with, and do work with, people of all ages and love to keep the value of the individual as the focal point in therapy, with the therapeutic relationship serving as the major change catalyst."

Christopher's journey into therapy began with his own experiences as an at-risk youth, leading him to seek understanding and healing through psychology and personal therapy. His educational background includes a Bachelor of Arts Degree in Psychology with a minor in Family and Human Development from Southern Virginia University and a Master of Social Work from Fordham University. He is also pursuing a Doctorate in Social Work with a specialization in Clinical Social Work at the University of Kentucky.

As an advocate for mental health awareness, Christopher has honed his skills in various therapeutic approaches, including Internal Family Systems (IFS), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), sandtray therapy, and Eye Movement Desensitization and Reprocessing (EMDR). His diverse training allows him to tailor his therapeutic approach to meet the unique needs of each client, fostering a safe space for healing and self-discovery.

"I hope that we can be fellow travelers on the journey you are taking through life," says Christopher. "I admire the individual's capacity to heal, find their capacity to give themselves grace, and exhibit both peace and strength. In working together, it is my goal to bring my expertise as we build a relationship that will enhance your forward progression towards your values-based goals so that you can live the life you want to live and be the person you want to be."

In addition to his therapeutic practice, Christopher actively engages in his community as an assistant wrestling coach for the local high school girls' team. He believes in maintaining a balanced lifestyle, dedicating time to both his family and personal interests, which include wrestling, camping, hiking, and engaging in tabletop games.

Christopher's commitment to ongoing professional development is evident through his dedication to staying current with the latest research in the field of mental health. He regularly reviews publications such as the International Journal of Play Therapy, Play Therapy Magazine, and Psychology Today, demonstrating his passion for innovative therapeutic practices.

"In my opinion, my success comes from my past experiences, my family's efforts to ensure my success, and from the lessons I've learned as a wrestler (both from the sport and from my coaches) and as a coach," says Christopher. He remains optimistic about the future and is eager to continue learning and growing both personally and professionally.

Sol Healing and Wellness is now accepting clients for online therapy sessions, offering a convenient and accessible option for individuals seeking support in their mental health journey.

Learn More about Christopher Brooks Fletcher:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85024511-Christopher-Fletcher-Social-Worker> or through his website, <https://www.solhealingandwellness.com/>

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