

America's Best in Medicine Recognizes Courtney Chettle for Leading Renew & Transcend Wellness in Human-Focused Therapy

Empowering Clients Through Personalized Therapy, Resilience-Building, and Emotional Wellness



Phoenix, Arizona Dec 10, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Courtney Chettle, DBH, MA, LPC, is an accomplished Licensed Professional Counselor (LPC) and Licensed Professional Counselor Supervisor (LPC-S), licensed in both Arizona and Michigan, with over 15 years of experience supporting individuals in healing from trauma, navigating addiction recovery, and rediscovering peace and purpose. With a deep commitment to a human-centered approach, Dr. Chettle provides a warm, judgment-free space where clients can process pain, build resilience, and make meaningful life changes.

As the Founder of Renew & Transcend Wellness in Phoenix, Arizona, Dr. Chettle provides both in-person and virtual therapy sessions designed to empower clients toward emotional wellness and self-discovery. Her integrative approach blends evidence-based modalities, including Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), Schema Therapy, and Solution-Focused Therapy, enabling her to develop personalized treatment plans that guide clients through their emotional journeys and help them achieve meaningful therapeutic outcomes.

Dr. Chettle shares, “We’ll work together to identify patterns that no longer serve you, explore your values, and strengthen your internal sense of safety and self-trust. Whether you’re processing trauma, exploring your identity, managing substance use, or healing from burnout, our work will be tailored to what you need in the moment, while always keeping your long-term goals in mind.”

With a Master of Arts in Counseling Psychology from Immaculata University and a Doctor of Behavioral Health from Arizona State University, Dr. Chettle is committed to the highest standards of care. As a Clinical Supervisor licensed by the Arizona Board of Behavioral Health Examiners, she also mentors emerging mental health professionals, cultivating a new generation of ethical and empathetic clinicians.

At Renew & Transcend Wellness, clients can expect a supportive environment to explore their challenges and triumphs. Dr. Chettle emphasizes practical tools for daily life, helping clients manage triggers, set boundaries, and regain control over their emotions. “This is your space. Your healing. Your timeline. I’m here to walk beside you as you build a life that feels safe, steady, and truly yours,” she says, inviting individuals to begin a transformative journey toward wellness and self-discovery.

Learn more about Dr. Courtney Chettle:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/courtney-chettle> or through her website, <https://www.renewandtranscend.com/>

America’s Best in Medicine

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