

America's Best in Medicine: Danyel E. Paulsen, LCSW, Founder of RESET Method, Burnout and Identity Specialist

Licensed Clinical Social Worker and Founder of the Reset Method Combines Identity-Based Therapy, Emotional Regulation, and Mindset Transformation to Support Lasting Personal Growth



Las Vegas, Nevada May 19, 2026 (Issuewire.com) - Danyel E. Paulsen, LCSW, is a Licensed Clinical Social Worker, Burnout and Identity Specialist, and the Founder of the Reset Method, a

transformative coaching and therapeutic approach designed to help individuals move beyond burnout, self-doubt, and identity misalignment. Serving the Las Vegas community since 2006, Danyel has spent more than two decades helping clients navigate emotional distress, life transitions, and personal reinvention through compassionate, identity-centered care.

Danyel earned her Master of Social Work from Portland State University in 2003 after completing her Bachelor's Degree at Western Oregon University in 1999. Over the years, she has developed a therapeutic philosophy rooted in self-awareness, emotional regulation, self-love, and intentional life direction, empowering individuals to create meaningful and sustainable change from the inside out.

As the creator of the Reset Framework and the Reset Method, Danyel offers a transformative 10-week immersive coaching experience designed specifically for high-achieving women navigating burnout, chronic overthinking, emotional exhaustion, and identity-related challenges. Through personalized one-on-one coaching, she helps clients reconnect with themselves, realign with their values, and move forward with greater clarity, confidence, and emotional resilience. The program focuses on emotional regulation, identity alignment, healthy boundary-setting, mindset and language awareness, and individualized strategies that support sustainable growth and lasting change. Clients also receive practical guidance, real-world application tools, and ongoing feedback to help them confidently implement what they learn in everyday life. Sessions are in-person or offered virtually via Zoom/telehealth, making the program accessible to clients nationwide.

Danyel's approach integrates clinical social work principles with mindset development and behavioral transformation techniques. She works closely with clients to uncover limiting core beliefs, shift negative internal narratives, and establish healthier thought patterns and behaviors. At the center of her work is the belief that true transformation begins with internal alignment and self-trust, allowing individuals to rebuild their lives from a place of authenticity and purpose.

In addition to her clinical and coaching work, Danyel has been featured in published works exploring resilience, adversity, and identity formation. She also continues expanding her message through media and digital platforms, including her podcast and digital content series, *Reset Vegas After Dark*, which focuses on reinvention, personal growth, and navigating life's transitions with intention and resilience.

Beyond private practice and coaching, Danyel contributes to the educational community through her work with Brilliant Mont Private School, where she supports students and staff through growth mindset education programs, including *Kelso's Choices*. Her work in educational settings reflects her broader commitment to emotional wellness, healthy communication, and resilience-building across all stages of life.

Guided by her core values of kindness and loyalty, Danyel believes personal experiences and life narratives can become powerful catalysts for healing and growth. As a cancer survivor, she brings lived experience, empathy, and authenticity into every aspect of her work, helping clients reconnect with their identity and move forward with greater confidence, clarity, and purpose.

Through the Reset Method and her continued dedication to emotional wellness, Danyel E. Paulsen continues to inspire meaningful transformation for individuals seeking alignment, healing, and sustainable personal growth.

Learn more about Danyel E. Paulsen:

Through her America's Best in Medicine

profile, <https://americasbestinmedicine.com/connect/danyel-paulsen>

Listen to her podcast on YouTube:

[Danyel's Podcast on YouTube](#)

Schedule a Reset Method transformational experience:

[Calendly – Reset Inner Circle Alignment Call](#)

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