



## **Sarah Heuser, CSW**

*Therapist*

Sarah Heuser is a CSW practicing in Provo, UT. She is an autistic and queer therapist specializing in autism and LGBT+ issues. Sarah chose to become a therapist in a single moment wherein she thought she could do better than her own therapist. Sarah completed a bachelor of science in behavioral science with an emphasis in psychology at Utah Valley University and got her masters in social work at the University of Utah. Sarah worked for six years at ScenicView Academy helping students with government benefits. She returned to ScenicView Clinic upon finishing her master's degree.

Sarah interned for sixteen months at Utah State Hospital first in a forensics unit, where she learned about trauma and psychosis. She then moved on to work in the children's unit where she learned more about trauma and child therapy. Sarah will never claim to be an expert in anything, but she has lived and clinical experience with autism, the LGBTQ+ community, and faith transitions. She has some clinical experience with psychosis and trauma, and will soon be trained in EMDR. She prefers a person-centered approach and utilizes components of ACT. She often uses education of the human nervous system to help clients understand and regulate themselves.