



WELCOME TO ROOTS COUNSELING & WELLNESS

MEET THIS MONTH'S CLINICIAN!

JORDAN RHODES

Clinical Mental Health
Counselor (CMHC)

Specializing in anxiety, depression,
sleep insomnia, and more.

Jordan works with adults, teens,
couples, and more.

His approach is DBT, IFS, CBT, and
CBT-I



My name is Jordan, and I am a Licensed Clinical Mental Health Counselor (CMHC) with a Master of Science in Mental Health Counseling from Walden University and a Bachelor of Arts in Psychology with a minor in Music from Southern Utah University. I recently completed clinical supervision and obtained full licensure, and I am passionate about helping individuals create meaningful and lasting change in their lives.

My counseling approach primarily emphasizes Dialectical Behavior Therapy (DBT) while also incorporating an Internal Family Systems (IFS)-informed perspective. I strive to create a supportive, collaborative environment grounded in empathy, authenticity, and unconditional positive regard, where clients can safely explore emotions, experiences, and personal challenges at their own pace. I also hold certification in Cognitive Behavioral Therapy for Insomnia (CBT-I), which allows me to help individuals improve sleep through evidence-based behavioral interventions and practical strategies.

I have experience facilitating DBT groups and providing counseling to a diverse range of clients, including individuals, couples, children, teenagers, and young adults navigating concerns such as anxiety, depression, ADHD, emotional regulation difficulties, and life transitions. I value helping clients strengthen resilience, build practical coping skills, and develop deeper self-understanding and self-compassion.

Outside of counseling, I enjoy creative and collaborative hobbies, including tabletop role-playing games (TTRPGs) such as Dungeons & Dragons, Historical European Martial Arts, and 3D printing. I especially appreciate the creativity, storytelling, and shared connection that TTRPGs encourage through collaborative worldbuilding and creative expression. I currently reside in St. George and enjoy engaging in creative projects and community involvement.

Healing is not about
erasing the past. It's
about feeling safer
in the present.

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-Jordan R.

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